

SA'S LEADING FOOD MAGAZINE

FOOD & HOME

NOVEMBER 2015 | R32,00 (R4,48 VAT incl.) | Other countries R28,07 (tax excl.)

ENTERTAINING

HOT IN THE CITY

SIZZLING SA FLAVOURS IN LONDON

15 FABULOUS RECIPES
FROM CAPE TOWN'S
TRENDIEST SPOTS

Divine Argentine
in Joburg

Fresh, juicy ways
with blueberries
& gooseberries

NOW IN SEASON

A midsummer night's dream jelly

50+
IRRESISTIBLE
DISHERS
INSIDE

Win

A LUXURY TRIP FOR
TWO TO MAURITIUS

WORTH R65 000



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ARRANGE A DELICIOUS CHEESE PLATTER WITH
SPAR'S IRRESISTIBLE RANGE OF CHEESES AND
WIDE SELECTION OF ACCOMPANIMENTS



PROMOTION

SOFT AND JUICY

The best cheese platters offer a good balance of textures and flavours, like SPAR Marksbury Select French Camembert served with SPAR Freshline Figs and SPAR Freshline Blueberries. Melba toast is the perfect contrast to the soft texture of Camembert. Make your own Melba toast: leave sourdough bread in the freezer overnight. Slice the frozen bread wafer thin with a mandoline or very sharp knife and dry out in a 100°C oven until crispy.

“Crunchy and sweet, SPAR Freshline Grapes bring out the creamy flavour of SPAR Marksbury Select Blue Stilton. Pair with wafer-thin apple slices and SPAR Choice Grade Pistachio's for the perfect bite.”



Try these Mediterranean flavours: SPAR Stuffed Olives and SPAR Calamata Style Olives offset SPAR Marksbury Select Chevré beautifully. SPAR Mild Dill Gherkins lend zesty crunch to balance the smooth cheese.



TANGY AND CRUNCHY

SPAR Marksbury Select French Brie is the ideal partner to zingy SPAR Orange Marmalade and SPAR Choice Grade Mixed Dried Fruit. Balance that softness and gooeyness with some added crunch: mix together 100g lightly toasted SPAR Choice Grade Almonds and 30ml (2 tbsp) SPAR Choice Grade Honey over medium heat and toast, 5 – 8 minutes. Add a pinch of salt and pour the warm nut mixture over the Brie. Delicious!



Our contributors

FOOD&HOME
ENTERTAINING



Louis Hiemstra

Photographer

Photography is my ticket to the endless buffet of life's adventures. As a professional photographer, I get to feed my addiction to travel (almost) frequently enough. But, coming home to Cape Town makes me happiest. With food photography, I find a satisfying synergy working with chefs, food stylists and food enthusiasts. By now, I can tell minestrone from mirepoix, but I'm still a no-nonsense, straight-shooting type of guy, and love life and food the same way: uncomplicated!



Kate Els

Journalist

When not on the road exploring new destinations and trying all of the street food my stomach can handle, I spend my days writing about the places I've been and the things I have eaten. I've tried everything from crocodile to cockroach and, recently, spent a short stint in Russia to test all the vodka and herring on offer – for my readers' sake, of course. Soufflés are an enigma in my kitchen, gadgets reign supreme and my lust for Kenwood attachments will never die.



Terry McCormick

Photographer

I was born in Kenya and educated in Zimbabwe and have been based in London for the past 20 years. By combining my love of the camera, food, cooking and travel, I have had a very charmed and privileged life, seen a whole lot of the world and met so many interesting and inspiring people. My Weber braai is my best mate, I make my own boerewors and biltong, and people from all over the world pester me for my pomodoro sauce recipe.

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A close-up photograph of a woman with her eyes closed, holding a white mug and smelling the coffee. A spoon is visible inside the mug. A large, semi-transparent red heart is positioned over the center of the image, overlapping the woman's face and the mug.

**We create
chemistry
that makes
locked-in
flavors love
bursting out.**

Once its packaging has been opened, food is often quick to lose the freshness and aroma that make it so appealing. It's important that we get the most out of what we have available, as the world wastes about one third of its food. Luckily, chemistry can make a difference.

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Join the conversation at creator-space.basf.com

150 years

 **BASF**

We create chemistry

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Five lucky readers can win a copy of Ella Woodward's cookbook, worth R300

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Subscribe or renew your subscription this month and stand a chance of winning a Weber Genesis E330 Gas Braai with Rotisserie worth R18 798!



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EAT
the COVER

ON THE COVER

A midsummer night's dream jelly

Recipe and styling by CLAIRE FERRANDI
Photograph by DYLAN SWART

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IT TAKES a village



It's with good reason that, in journalism jargon, we talk about 'putting the baby to bed' when pushing the button to send each issue off to the printers.

Every month is spent carefully nurturing our work in progress to shape, mould and hone it to the best it can be in order for it to arrive shiny-faced and beautiful on store shelves, in your postboxes (with a little bit of luck!) and on tablet screens.

And, like any child born into this world, every issue of *F&HE* is unique and precious, and needs the input of valued caregivers to help raise it right. This is where I ask you to now cast a glance over to the photo of my colleagues, the brilliant team who ensures that every one of our 'children' is fussed over, soothed and stroked, corrected (often!) and whipped into line from time to time.

As with most families, keeping up with the demands of life means that recognition doesn't always happen on a daily basis – but, when it does, like at our recent annual Caxton Awards event (note all of those certificates they're deservedly holding up!), it is a reason for us to not only celebrate the volcano of talent that regularly erupts from this editorial team, but for me to also let them know how much I value their incredible contributions and wonderfully quirky personalities each and every day.

It is, in no small way, due to the posse of peeps you see here, that I am able to skip to work every morning feeling like I'm going to my second home. And so, I humbly say to each of them (from left to right, back row to front row of photo): Thank you, Jess (copy editor), for making me laugh out loud regularly with the best headlines ever; Kerry (temporary editorial



assistant), for your cool-as-a-cucumber style – we will miss you; Sam (art director), for always responding with your signature laugh to my please-do-the-impossible-with-this-image requests; Chevaun (digital editor), for your wicked wit and say-it-like-it-is sassiness; Zerilda (office manager), for knowing instantly if it's a sunny or cloudy day in my office just by looking at me; Claire (food editor), for understanding so well that there is no detail too small to agonise over in photo-shoot briefing sessions; Taryn (managing editor), for willingly returning to the madness after your maternity leave; Nomvuselelo, 'Vu'

(cooking assistant), for your 'soul food' spirit; and Dylan (photographer), for putting the 'gentle' into gentleman. Absent from photo: Lisa (designer), for making me laugh at myself when you have fits of giggles over my OCD issues, especially when it comes to s-p-a-c-i-n-g of letters; and Jana (marketing coordinator), for your enviable combination of competence and grace.

Most of all, thank you for being amazing co-parents of *F&HE* and here's to putting our November baby to bed!




Andrea



Mint Edition.

Introducing new Cool Mint.

The perfect pastel, new Cool Mint is the hue for you. Delivering a beautifully contemporary accent seasoned with a playful hint of nostalgia, Cool Mint is fresh, timeless and elegant. Be the first to experience new Cool Mint, launching 1 September 2015. Visit your nearest Le Creuset Boutique Store today. Go to www.lecreuset.co.za or call our customer help line on 086 177 3321 for more information.

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Dear Food & Home

WINNING LETTER



Meltingly marvellous!

Now, don't get me wrong – sugar for kids can be a disaster when you are trying to put them to bed; but, every now and then, a little sugar can work in your favour and that's exactly what happened when I decided to try your marshmallow French toast (April 2015). My daughter had been moaning about not feeling well and wanting to skip school (she was totally fine and just didn't want to get out of her warm bed).

“ So, I did what any normal parent would do in that situation – I made her a breakfast she simply couldn't resist. ”

I don't think I had even completed the word marshmallow when I saw my little girl (looking healthy as ever) sitting at the table, ready to be served. I'll admit, some marshmallows made it to her plate before the eggs had been cracked, but the final product was pretty spectacular, as nothing beats melted marshmallow. The breakfast has become a firm favourite of hers.

Sasha Benjamin, Cape Town

ONLINE NOW!

TO DOWNLOAD THE LATEST ISSUE OF F&HE ONTO YOUR TABLET OR PC, GO TO FOODANDHOME.CO.ZA/SUBSCRIBE. DIGITAL AND SUBSCRIBE TO 12 ISSUES FOR R161,90 – JUST R13,49 AN ISSUE. WHAT A BARGAIN!



Remember to sign up for our newsletter at foodandhome.co.za. Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up!

WIN!

Next month's winning letter will receive this pocketable PowerShot S200 from Canon, worth R3 399. The PowerShot S200 delivers stunning image quality and easy access to manual settings in a modern, pocketable design – with a host of creative features for those seeking their next step in photography. Combining an ultra-wide angle bright f/2.0 lens, a higher-sensitivity 10.1 Megapixel CCD sensor and a PureColor II G screen with tempered-glass layer, the PowerShot S200 lets you capture the moments meant to last a lifetime and relive the experiences again and again with high-quality images. Share your favourite shots on social networks with its integrated Wi-Fi or conveniently back up your images to cloud services, including Flickr and Google Drive™.



Canon

Write to F&HE and share your food experiences. Email foodhome@caxton.co.za. F&HE reserves the right to edit letters and award prizes based on merit.



Kapow!

Your magazine came into my hands for the first time this week. And, no, it wasn't in a doctor's or dentist's waiting room... I noticed a brown envelope on our SPAR magazine shelf with three magazines for a large saving. One was *F&HE* and was I impressed! At first, I thought maybe it was just another foodie magazine – but it is one with punch. I didn't know which recipe to begin with – 60 to choose from! I settled for the slow-cooked three-meat ragout lasagne (August 2015) and it was truly delicious.

Alida van der Walt, Centurion

DADDY DAYCARE

My family is one of food lovers – not just food, but *good* food. My wife puts a lot of thought into each meal and that's what the family is used to... food cooked with love. The joyous part of dining is seeing the smiles on everyone's faces as we talk, laugh and share great ideas after a lovely meal. When my wife went to Canada on a trip, I promised her I'd take care of our three girls until she came back. Things have not been easy – there's nothing worse than getting home, tired, and still having to figure out what to cook for the girls. My wife has set a very high standard and the pressure was on me. I really didn't want to disappoint them – a mealtime is a very special part of their day and for us, as a family. I was on the brink of breaking down when it clicked that I can get great recipes that have been tried and tested from magazines. I am now a fervent fan of *F&HE*. My life is a whole lot easier. I get a variety of delicious dishes from your magazine, which I use in many different ways. I wish nothing but the best to the *F&HE* editors, designers, writers, recipe developers and all of the contributors. Thanks a million for the hard work!

Tshepo Isaac, Johannesburg

WHAT WE'RE LOVING ON Instagram

WE SPIED ON THREE HEALTH-CONSCIOUS INSTAGRAMMERS WHO ARE PUTTING A STYLISH SPIN ON EVERYTHING WE LOVE MOST THIS SUMMER



@cupcakerichard



'Cats, cake and Cape Town' is the humblest of descriptions behind this sweet and sophisticated Instagram account. Hailing from the Mother City, Wida is creating, photographing and styling a sugary selection of gluten-free/vegan bakes that'll convert even the biggest of sceptics.



@delishsisters



The salty air of Durban is certainly doing something right. These two delicious sisters are cooking up a culinary storm with their healthy (and sometimes naughty) eats. Based at The Litchi Orchard, Ballito, follow their feed for a visual foodie treat and unlimited cooking inspiration!



@cocobean_food



Wife, new mom and creator of all things delicious, Mrs @cocobean_food is creating gorgeous and eye-catching treats against the backdrop of the exquisite Stellenbosch winelands. Follow her, have a look at her blog and get into the kitchen to replicate some of her wholesome creations.

COVER
DISH

A midsummer night's dream jelly

Recipe and styling by CLAIRE FERRANDI
Assisted by NOMVUSELELO MNCUBE
Photograph by DYLAN SWART

“This fresh take on a retro dessert is the perfect way to wow your guests as a finale to your next Sunday lunch! The jelly has a boozy kick, which just adds to the summer festivities.”

”

A midsummer night's dream jelly

Serves 8 – 10 **A LITTLE EFFORT**

30 mins + setting time

THE FLAVOUR COMBINATIONS

STRAW-WINE JELLY LAYER

18 (36g) gelatine leaves

750ml (3 cups) good-quality

straw/dessert wine

juice of 2 lemons

10ml (2 tsp) vanilla essence

125ml (½ cup) water

265g sugar

oil, to brush

handful fresh mint leaves + extra, to garnish

250g plums, pitted and sliced into wedges

250g seasonal berries

ELDERFLOWER AND WHITE-CHOCOLATE LAYER

6 (12g) gelatine leaves

500ml (2 cups) fresh cream

250ml (1 cup) elderflower cordial

pinch salt

160g white chocolate, finely chopped

edible flowers, to garnish

double-thick cream, to serve

HOW TO DO IT

1 It is best to start your jelly the night before. For the wine layer, place the 18 gelatine leaves in a little cold water to soften, 5 minutes. While the leaves soften, place the wine, lemon juice, vanilla, 125ml (½ cup) water and sugar in a medium pot and bring to a boil. Remove from heat.

2 Squeeze the water out of the gelatine leaves and whisk the gelatine into the hot wine mixture until dissolved.

3 Refrigerate the mixture and give it a stir every 15 minutes. The jelly should be almost set, but still liquid so that the

fruit doesn't float to the top when you add it. This should take around 1 hour.

4 Brush the inside of a 1,5L-capacity jelly mould, or 12 individual moulds of 125ml (½ cup) capacity, with oil. Pour a third of the jelly into the base of the large mould or individual moulds and add a third each of the mint and fruit – repeat this process 3 times until the moulds are full and the fruit is evenly dispersed. Refrigerate the jelly/jellies to set, at least 4 hours or overnight.

5 Once set, make the elderflower and white-chocolate layer. Place the 6 gelatine leaves in a little cold water to soften, 5 minutes. While the leaves soften, place the cream, elderflower cordial and salt in a medium pot and bring to a boil. Remove from heat immediately and add the white chocolate, stirring until smooth.

6 Squeeze the water out of the gelatine leaves and whisk the gelatine into the hot cream mixture until dissolved.

7 Allow the cream mixture to cool slightly (but not entirely, it should remain warm), 15 minutes, before pouring over the set wine jelly/jellies to create a base layer. Refrigerate to set, 3 hours.

8 To remove the jelly/jellies from the mould/s, dip into hot water for 15 seconds. Gently release the jelly/jellies onto a serving platter or plates.

9 To serve, decorate with edible flowers and mint leaves. Serve with dollops of double-thick cream.

COOK'S TIP

If you prefer an alcohol-free version, substitute the wine for white grape juice.



**TURN THE PAGE TO
DISCOVER WHERE YOU
CAN EAT OUR COVER
DISH THIS MONTH**



EAT the COVER

BE ENCHANTED BY OUR MIDSUMMER
NIGHT'S DREAM JELLY AND TRY OUR COVER
DISH AT ANY OF THESE THREE VENUES

**BISTRO SIXTEEN82,
STEENBERG, CPT**



**Executive
chef Kerry
Kilpin**



Named after the year in which Steenberg was established, Bistro Sixteen82 is an innovative wine- and food destination adjacent to the winery, and spills into its surrounding indigenous gardens with a terraced dining area, unfurling into views of the magnificent stone mountains and expansive winelands. The menu is a constant evolution, with executive chef Kerry Kilpin keeping up with seasonal produce and creating inspiring dishes that complement the finest, locally sourced ingredients.
BOOKINGS: 021-713-2211;
steenbergfarm.com/bistro1682

Market is a world-class garden café/ restaurant, situated in a tranquil courtyard behind a classic 1930s colonial building at the foot of Durban's Berea. Serving simple, quality cuisine using locally sourced and/or organic ingredients, it is also known for its selection of award-winning South African wines, freshly squeezed fruit juices and coffee. The fine-dining dinner specials change regularly and provide the perfect setting for any occasion. Available for private functions and events.

BOOKINGS: 031-309-8581;
marketrestaurant.co.za

MARKET, GRAYVILLE, DBN



**Executive
chef
Goodness
Vundla**

Luce, at Southern Sun Hyde Park Sandton, offers a tantalising fusion of popular cuisine. The restaurant's menu seamlessly showcases the bold flavours of authentic Italian and the freshness of expertly prepared sushi. The accessible and stylish restaurant boasts some of the most superb views over Sandton, giving guests the opportunity to gaze out over the city while enjoying a bottle from their selection of auction wines.

BOOKINGS: 011-341-8134;
tsogosun.com



**Executive
chef Justin
Phillips**

LUCE, HYDE PARK, JHB



Our November cover dish will be served at the above restaurants from
Monday 12 October – Monday 30 November 2015.

foodbites

news • trends • shopping • restaurants • decor • products • time savers

Trending: Sherbet

Recipes and styling by CLAIRE FERRANDI

Assisted by NOMVUSELELO MNCUBE

Photographs by DYLAN SWART



Trending

Sherbet

This summer, we're loving sherbets! Not the powdery, sticky finger-inducing sherbets of our childhoods, but the icy type, which is somewhere between a sorbet and an ice cream. Strictly speaking, sorbets don't contain any dairy, and ice creams are cream-based. Sherbets are fruity and contain a little milk fat – the perfect canvas for experimenting with interesting flavour combinations.



Cherry, rosehip and hibiscus sherbet

The perfect way to embrace cherry season! The beautiful plum colour comes from the floral tea bags, which complement the cherry flavour perfectly
Makes 1L (serves 6) **EASY** 30 mins + 4 hrs, to freeze

THE FLAVOUR COMBINATIONS

750ml (3 cups) milk
200g sugar
5ml (1 tsp) vanilla essence
5 rosehip and hibiscus tea bags
500g cherries, pitted

HOW TO DO IT

- 1 Place the milk, sugar, vanilla essence and rosehip and hibiscus tea bags in a saucepan and bring to a boil.
- 2 Remove from heat and strain the mixture, discarding the tea bags. Blitz in a food processor along with the cherries.
- 3 Once the mixture has cooled, churn in an ice-cream churner

according to manufacturer's instructions. Alternatively, place the mixture in a freezer-proof container in the freezer and whisk every hour to break up any ice crystals that may form, until frozen.

Spiced-peach sherbet

Makes 1L (serves 6)
EASY 30 mins + 4 hrs, to freeze

THE FLAVOUR COMBINATIONS
750ml (3 cups) milk

200g sugar
2,5ml (½ tsp) ground cinnamon
2,5ml (½ tsp) ground ginger
pinch nutmeg
6 peaches, peeled and pitted
orange gel food colouring (optional)

HOW TO DO IT

- 1 Place the milk, sugar, ground cinnamon, ground ginger and nutmeg in a saucepan and bring to a boil.
- 2 Remove from heat and blitz in a food processor along with the peaches and a drop or two of orange gel food colouring, if desired.
- 3 Once the mixture has cooled, churn in an ice-cream churner according to manufacturer's instructions. Alternatively, place the mixture in a freezer-proof container in the freezer and whisk every hour to break up any ice crystals that may form, until frozen.

Lemongrass and basil sherbet

Makes 1L (serves 6) **EASY** 30 mins + 4 hrs, to freeze

THE FLAVOUR COMBINATIONS

750ml (3 cups) milk
200g sugar
150g lemongrass, chopped
2 large handfuls fresh basil leaves
green gel food colouring (optional)

HOW TO DO IT

- 1 Place the milk, sugar and lemongrass in a saucepan and bring to a boil.
- 2 Remove from heat and strain the mixture, discarding the lemongrass. Blitz in a food processor with the basil leaves and add a few drops of green gel food colouring, if desired.
- 4 Once the mixture has cooled, churn in an ice-cream churner according to manufacturer's instructions. Alternatively, place the mixture in a freezer-proof container in the freezer and whisk every hour to break up any ice crystals that may form, until frozen.

Going for GOLD

High in omegas 3 and 6, trans-fat free and Heart and Stroke Foundation-approved, Flora Gold will inject lip-smacking flavour into crowd-pleasing summer dishes like corn on the cob, garlic bread or melt-in-the-mouth baked potatoes. Also available in 1kg tubs. Available at all leading supermarkets.



Raw to gnaw

MoonBean Artisan Unbakery is dedicated to handcrafted and -made raw, plant-based foods only. Their nutritionally dense and balanced treats include macaroons and 'gawnola', which are gluten-free, dairy-free, cane sugar-free and egg-free. moonbeanunbakery.co.za

A

NIBBLE HERE,

a sip there

The easy life

PNP'S EASY LIVING SPINACH AND FETA PIZZA IS PERFECT FOR ALFRESCO, SUMMER, SHARING MEALS. AVAILABLE AT PNP STORES NATIONWIDE.



A distilled cider made from apples or pears and aged in an oak cask, Calvados is delicious served as an aperitif, blended in cocktails, sipped as a digestive or with coffee.

The story of Christian Drouin began in 1960 and, today, the Coeur de Lion estate is planted with only traditional low-yielding apple varieties, carefully selected in order to ensure the perfect balance between sweet, bittersweet, bitter and acid.

Now available in SA, the Calvados Selection – VSOP, Pomme Prisonnière, Hors d'Age – can be found at local retailers Norman Goodfellows, Solly Kramers, TOPS at SPAR and Liquor City.

Sipping on CIDER



BLOGGER OF THE MONTH *savannabel.com*

ANNABEL HUGHES BLOGS ABOUT THE SPLENDOUR OF LIFE AND GROWING HER OWN FOOD WITH PARTNER, CHRIS, IN THEIR CORRUGATED TIN BOX BUILT UNDER AN OLD MONGONGO TREE, 20KM FROM THE RESPLENDENT VICTORIA FALLS IN ZAMBIA

I grew up in Zimbabwe where I trained as a newspaper journalist. The most life-altering job I had was as the head of a pro-democracy organisation in Washington, D.C.

While I have always loved entertaining, it was only in the US that my obsession with food really began to develop. I moved out of Washington into an old stone house in the foothills of the Blue Ridge Mountains in Virginia. I needed a counterpoint to the stress of my day-to-day work and found it in the kitchen, my garden and the woods beyond my house. Growing and preparing food was like therapy to me.

I find my cooking inspiration in the vegetable garden and the bush around us. I cook only what I have available to me and use only what we need. The San Bushmen in the Kalahari are an inspiration to me in this regard. When I moved back to Africa, in 2008, I took a job as the front-of-house manager deep in the Kalahari desert in a camp that worked with the San Bushmen. Renowned for living 'sufficiently' and for their inborn knowledge of

wild food, I wanted to learn all I could from them. The recipes I'm developing, I've coined as 'African Fusion'.

It's difficult in a kitchen like mine, where there are no windows and critters come and go. But, this makes one creative – be it finding a way to avoid serving a battalion of bugs attracted to the light above your chopping board, or finding alternative ways to roast a lamb after the flimsy rack in your tiny gas oven keeps collapsing. One is always 'making a plan'. You have no choice.

In recent months I've been asked to consider hosting cooking demos and lunches for a Cape Town-based destination management company, as well as cooking classes for resident Livingstonians and safari lodges. My business is growing organically, and my hope is for it to become a vehicle that showcases Livingstone as a multifaceted food destination. Set against the backdrop of the Victoria Falls and the Zambezi River, while having access to so many unique, wild edibles, there really is great potential.



Dates for the diary...

30 October – 1 November 2015. The Glenshiel Christmas Fair on the Westcliff Ridge, in the historic home and grounds of Glenshiel, the Herbert Baker mansion and national monument. The fair showcases everything from adult's and children's clothing, jewellery and handmade toys to decadent Christmas cakes and puddings, alongside delicious eats and treats, while you enjoy the magnificent gardens. Tickets cost R40 pp (available at the door).

15 November 2015. The 2015 Eat Out Mercedes-Benz Restaurant Awards with a 'Sunday Best' theme. Rub shoulders with food stars, industry players and celebrities, while a show-stopping lunch, paired with South Africa's best wines, rounds off the festivities. Tickets cost R1 495 pp. Bookings can be made via eatout.co.za/bookings. For further enquiries, email awards@eatout.co.za or call 021-417-1257.

25 November 2015. Stellenbosch at Summer Place, Joburg. An opulent showcase of wine, food, music and art from the City of Oaks, more than 80 specially selected wines will be paired, as five of the finest Stellenbosch chefs create unique, gourmet sensations to match the different varietals. Tickets cost R500 pp and include all wine, food and entertainment. For more info or to buy tickets, contact Elmarie Rabe at events@wineroute.co.za or book online at wineroute.co.za.

Just a regular family from Johannesburg, the Townsends are harbouring a powerhouse culinary duo in Clover's *Little Big Cook Off* 2015 winning dad-and-daughter team. Dale and Romaine kept thousands of South Africans entertained in the second season of this cooking show and have been indulging in the limelight ever since their big win in October.

Mom, Raquel, is so proud of her family – especially since the prize includes a kitchen makeover! But, everyone in the family is a winner and, soon, the Townsends will be jetting off for a holiday at Disney World in the US. Dauntaye, five, chirps up that his sister, Romaine, known as 'Miss Messy' in the kitchen, loves everything Disney princess-related.

But, back to the kitchen, where the two are cooking up their family's Sunday favourite, a trio of salmon. Lovers of seafood, Dale quips that if he was an ingredient, he'd be an oyster because "the exterior is inedible but, when you open it, it's one of the most expensive foods you can eat!" Licking spoons and nibbling on the smoked-salmon ribbons, Romaine muses that she'd be a strawberry. But, when it comes to her favourite dish from the show, "It has to be the vanilla ice cream with macadamia nuts and caramel praline!" It's wonderful that she loves eating food just as much as making it.



The Tasty Townsends' trio of salmon

Serves 6 **EASY** 1 hr

THE FLAVOUR COMBINATIONS POTATO RÖSTIS

butter, to grease
3 large potatoes, peeled and grated
1 red onion, peeled and thinly sliced
3 egg yolks
sea salt and freshly ground black pepper, to taste

SALMON SALAD

30g butter
1kg salmon (without skin), cubed
2 avocados, chopped
1 orange, segmented
1 lime, segmented

SOUR-CREAM SAUCE

15ml (1 tbsp) olive oil
2 garlic cloves, peeled and crushed
125ml (½ cup) Clover Sour Cream
zest of 1 lemon
small handful fresh dill, chopped

SALMON MOUSSE

150g smoked-salmon slices
1 x 250g tub smooth cream cheese (salmon flavour)
small handful fresh dill, chopped
45ml (3 tbsp) double-thick cream

crackers, to serve

SALMON ROSES

100g smoked-salmon slices
30ml (2 tbsp) black caviar

lemon segments, to garnish

microherbs, to garnish

sweet chilli mango sauce, to serve

HOW TO DO IT

1 For the röstis, preheat the oven to 180°C. Grease a six-hole jumbo muffin pan.

Use your hands to squeeze out the liquid from the grated potatoes. Transfer to a medium bowl, add the onion and egg yolks and mix to combine. Season well to taste. Divide the mixture among the muffin wells, gently pressing it in. Bake until golden and cooked through, 30 minutes. Allow to cool, 10 minutes, then run a palette knife around each to loosen.

2 For the salmon salad, melt the butter in a frying pan over medium-high heat and fry the salmon until cooked to your liking, about 3 minutes. Season to taste and transfer to a bowl. Gently mix with the avocado, orange and lime segments.

3 For the sauce, in the same pan, heat the oil and fry the garlic, 1 minute. Reduce the heat to low, add the sour cream and let it simmer, 2 minutes. Remove from heat and stir in the lemon zest and dill. Season to taste.

4 Place a rösti on each plate, top with salmon salad and drizzle with sour-cream sauce.

5 For the salmon mousse, place the 150g smoked-salmon slices in a food processor and blitz until smooth. Add the cream cheese, dill and salt and pepper and mix by hand. Add the cream. Pipe the mousse onto the plates alongside the röstis and top with a cracker.

6 For the smoked salmon roses, roll ribbons of smoked salmon into a rose shape. Top with caviar and garnish with lemon segments.

7 To serve, arrange the trio of salmon on each plate, decorate with microherbs and drizzle with sweet chilli mango sauce.





EAT OUT @

JOBURG: BROOKLYN BROTHERS

With 'smash' burgers all the rage and new spots opening up on every corner, do yourself a favour and live a little. Brooklyn Brothers' menu is an epicurean dream and, with an indulgent selection of comforting deep-fried, basted or slapped-between-a-bun options, it's *the* place to banish your post-Friday-night blues. We started our feast with a selection of chicken wings – deep-fried then basted in your sauce of choice. And, while the sauce offering is varied – from hot wings, to dry shakers, or sticky delights like Klippiess & Coke, maple and the whacky peanut butter and jelly – I like mine old-school and went for the buffalo honey, which was sweet with a smoky edge, reminiscent of a good bourbon. I also went the cheeseburger route and, dare I say, there is nothing more satisfying than peeling back a paper wrapper around the perfect burger bun, toasted with loads of butter and topped with all the trimmings you'd expect. Tasty and juicy, wash it down with one of their gourmet shakes or craft beers. Shop U50 (Entrance 2), Bedford Centre, Smith and Van Der Linde roads, Bedfordview; 011-615-0536. *By Taryn Das Neves*



PORT ELIZABETH: MELLAS DIM-SUM AND NOODLE BAR

Tucked in a neat alcove, just off the buzzing Stanley Street restaurant strip, Mellas Dim-Sum and Noodle Bar celebrates the delicacy of the bite-sized, from food to furnishings. It has all the hallmarks of a traditional dim-sum bar and truly honours the Cantonese culture – think fresh and moist bao buns, tantalising deep-fried tofu squares, succulent siu mai and delicious dumplings. The prawn-and-coriander dumplings and the chicken siu mai are out of this world – don't miss these! The menu caters for all palates: chicken, beef and vegetarian noodles, experimental udon-noodle varieties, sticky Shanghai ribs, a Malaysian curry for

wider Asian appeal, and of course, stir-fries. Traditionally, yum cha (dim-sum bars) were tiny resting points along the Silk Road in China, where you could stop for some tea and respite. But, they have evolved, over centuries, from quiet meze-style snack cafés into happy, loud bars. Mellas emulates this trend perfectly, balancing ceremony with the contemporary – and it's such a cheerful experience as a result. 15 Bain Street; 041-582-2736. *By Amy Shelver*

PRETORIA: LOVE IT ART CAFÉ

Love It Art Café is all about a love of food and company as well as a passion for art. Freshly opened in June, it's intimate and opulent and also serves as an art gallery for local talent. The café caters for functions and seriously decadent high teas. Gilded cherubs, cut-glass crystal and other baubles wink at you from decorated spaces. The mirror tables paired with the art adorning the walls give it a chic and sophisticated air. I indulged in the croque monsieur, a Parisian-styled grilled sandwich of layered ham and Emmental cheese and topped with a rich béchamel sauce, then smothered with more cheese and baked in the oven. It's creamy and eye-closingly divine. Even the scones are hand-made, served with a home-made, chunky, dried-fruit jam. Ask for a slice of the granadilla and pineapple mousse cake – fresh and tropical, surrounded by sweet, crunchy finger biscuits, it won't leave you disappointed. 5 Waterkloof Heights Centre, 103 Club Avenue, Waterkloof Heights Shopping Centre; 082 375 3408/2755. *By Kamanee Govender*



MARKET OF THE MONTH:

WITH A MANTRA OF 'GOOD THINGS COME TO THOSE WHO EAT', FOOD AND WINE WRITER, MALU LAMBERT, IS A PASSIONATE OYSTER EATER, CHENIN DRINKER AND SHE CANNOT WAIT FOR ARTICHOKE SEASON

LOURENSFORD HARVEST MARKET

It's not often that a market is this spacious. What a pleasure it is to amble through its sprawl, admiring all the goods on sale, while discovering new things around each corner. At other markets, you'd be right to be concerned about prams rolling over your feet but, here, you can wear sandals without fear!

The day is hot, baking in the bowl of Somerset West, so, naturally, we kick off with an icy IPA from ABRU Brewing Company from the bar-slash-microbrewery inside. Sipping on our beers, we relish the cool interior and eyeball the Mad Max-esque motorbike art on display. It's also here that we find the ATM – a godsend for plastic carriers like us.

“Our first stop is chocolatier Jean-Pierre Fortain's stall, where the caramelised nuts catch our eye... and our appetite. We especially enjoy the cashews coated in poppy seeds.”

Our first stop is chocolatier Jean-Pierre Fortain's stall, where the caramelised nuts catch our eye... and our appetite. We especially enjoy the cashews coated in poppy seeds.

I've had sticky ribs on my mind since we arrived but, when we circle back to the stand where we saw them cooking, they're sold out. This starts to be a bit of a running theme – it seems popular dishes get sold out quite quickly, so rather don't think of saving anything for later. If you want it, grab it! We assuage the rib disappointment with delicious dim

sum, wolfed down while drinking glasses of Windermere Cider, fresh from the tap. Lourensford wines are available by the glass and bottle too, and there's no shortage of tables at which to enjoy them either.

The colours and scent of spice – not to mention its exuberant host – draws us into Ghenwa's Lebanese food stand. Along with meze and the like, we love the look of layered pies, packed with goodness: from slow-roasted chicken to butternut, spinach and mince creations.

There's something for everyone here. Beautiful cakes and delicate confectionary, artisan charcuterie, pizza, bratwurst and

slow-cooked lamb shanks. The variety is dizzying. Did I mention cheese? Say Cheese is a real find – this little stall stocks many of South Africa's award-winning cheeses.

There's not just stuff to eat or drink – jewellery and clothing stores take up residence too. There are two eclectic light shops, and even Persian carpets to peruse.

With so much to take in, it's my advice to sit back with a big glass of choice, listen to the thrum of live music and reap the harvest that's all around you.



Jean-Pierre Fortain's cashews caramelised with poppy seeds

Makes 1 serving **EASY**
15 mins

145g cashew nuts
60ml (¼ cup) sugar
15g butter
1,25ml (¼ tsp) cinnamon (optional)
100g poppy seeds

1 Heat a non-stick skillet over medium heat. Add the nuts, sugar, butter and cinnamon

and stir constantly, using a rubber, heatproof spatula, for about 5 minutes (less time if your nuts are chopped, but don't chop too small or they will burn). The nuts should be evenly coated in the melted sugar and butter.

2 Transfer the nuts to baking paper and scatter with the poppy seeds. Separate using forks. Alternatively, leave the nuts to harden together and break them apart with your fingers once cooled. The nuts and coating will harden in 5 – 7 minutes.

Lourensford Harvest Market, Lourensford Estate, Somerset West, Cape Town. Open Saturdays and Sundays from 10am – 3pm; lfhm.co.za



SO angelic!

Feel better about your coffee sins with Le Creuset's new Halo Kettle. R730, lecreuset.co.za

Going green

Good food health starts with a good pan! Try Risoli's Dr.Green 24cm Tajine, R1 519, or 26cm Grill Pan, R749, for some healthy, summer cooking. For the available range, visit takealot.co.za.



Camomile

With two popular varieties available, the German or Roman (English) camomile is a plant with small, white, daisy-like flowers commonly used in tea form or in homeopathic remedies. With a distinctive apple-like aroma when in bloom, camomile is great for upset stomachs and relieving insomnia.

HOW TO GROW

While the two varieties are interchangeable if used for tea, they are quite unique when it comes to growing. The annual German variety will grow into a bushy shrub about three feet tall, and will produce many blossoms. The Roman variety, on the other hand, is perennial and will only grow to about a foot in height. Plant in areas with full sun and minimum shade with well-drained soil. It's also great for medium to large container growing.

IN THE KITCHEN

To make your own tea at home, harvest the blossoms in the summer months, picking only the flowers and not the stems. Once dried out of direct sunlight, you can store them in an airtight container for up to a year. Steep a few blooms, about a teaspoon, in hot water to make your own brew.

DID YOU KNOW?

Camomile is great for adding flavour to cooking through infusions. Try infusing your desserts, like panna cotta, ice cream, or crème brûlée, with the flowers; or, even use them in a simple syrup to drizzle over something delicious for an added aromatic dimension!





LOVE'S GOT A NEW LOOK



Nestlé's imaginative range of culinary milks may look different on the outside, but what's inside hasn't changed. We wouldn't dream of changing the way you bring your delicious creamed spinach or mouth-watering death by chocolate cake to life! Find more love when you visit www.cookwithlove.co.za.

Love to cook, cook with love.



BLACK DIAMOND *Hunters*

AT LAST, SOUTH AFRICA'S VERY OWN BLACK DIAMOND TRUFFLES, A FIRST OF THEIR KIND, ARE BEING GROWN AT FERNBANK FARM AND HAVE BEEN VERIFIED INTERNATIONALLY! KATE ELS FINDS OUT ABOUT THE EIGHT-YEAR WAITING GAME AND WHAT'S TO COME

By KATE ELS Photographs by GRAEME WYLLIE, CAMERON ANDERSON and KATE ELS



“**T**here it is! There it is,” Cameron soothes as he gently brushes away Shammy’s wet nose before it’s too late. He begins to work at the compacted soil around the roots of a young oak tree, releasing the sweet smell of earth and the strong scent of truffle.

Shammy watches from a distance, proud that she’s done what has been asked. Her silver coat gleams against the honey tones of Fernbank Farm – it’s clear that this is her territory.

Cameron Anderson, a man with the sort of talent not usually listed on a resumé, and his wife, Diana, begin to beam as they gently extract a black truffle – no smaller than a golf ball – from the soil on their farm. This is a venture eight years in the making and, what was just a crazy dream, has begun to earn its worth at Fernbank Farm just outside of Dullstroom, Mpumalanga.

“I’ve always had a strong interest in the culinary arts, and rare exotic ingredients were always fascinating to me,” explains Cameron. “Although, to be honest, I had never contemplated growing my own until I learnt about farming black truffles on a trip to New Zealand.”

Taking the inspiration from South African truffle farmer, Donna Hornby, Cameron began the inoculation process of his oak orchard. Injecting truffle spores from imported truffles in the hopes of growing his own ‘black diamond’ tubers was met with great scepticism. “Everybody, including my own family, thought I was stark raving mad. After we inoculated the trees, the waiting game began, which promised no end result.”

Without hesitation though, Cameron set about preparing for the year his black truffles would reveal themselves, training his loyal, and sometimes slightly ditzy Weimaraner dog, Shammy, to unearth truffles herself.





Diana muses about the process: “It didn’t take long to train her – probably about two weeks in total – but it was entertaining coating a tennis ball in expensive truffle oil and burying it in the garden for her to discover!”

As the young oak trees grew and Cameron and Diana settled into married life with the arrival of daughter, Piper, the family was never discouraged by the critics who believed their task was fruitless. “Every month, Cam would walk the orchard with Shammy, enthusiasm radiating out of him, while the pair tried to sniff out a truffle. Month in and out, there was nothing, but there was also no reason to give up,” says Diana.

After seven years of waiting though, Cameron struck black gold in his orchard. “I was working in the kitchen when Cam walked in with a wide grin on his face and the ugliest-looking, brown object in his hand,” laughs Diana. “I nonchalantly asked what it was, to which Cameron chuckled and the realisation of what had just been found on our farm was suddenly very clear and extremely exciting.”

“It was an incredible and, at times, arduous process to confirm the first black diamond truffle,” explains Cameron. “We sent several samples to universities across the country to authenticate the truffle, and almost every one came back with a positive result, except for just one. This meant we had to send the truffle overseas, and it took a few months for the sceptics to be disproved and our truffle to indeed be verified as a black truffle and the first of its kind in South Africa.”

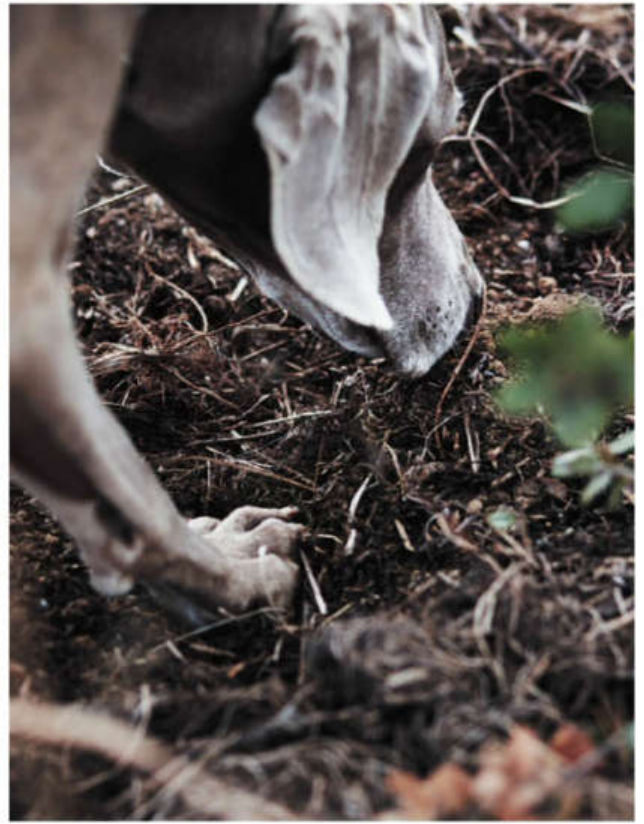


When asked about how he felt when the truffle was finally endorsed, with no room left for dispute, Cameron looks down at his shoes and laughs. The mix of disbelief and pride is still present in his response: “It was absolute elation after the first sample tested positive and, then, it was followed by a slump with the single negative result we got. And, then, hope returned when we sent the sample overseas. The rollercoaster of it all will always stick in my mind.”

The black truffle we were lucky enough to unearth today, could easily be mistaken for a muddy clump of soil. Its only distinguishing feature is the strong smell it emanates, and the effect it seems to have on Shammy.



Diana Anderson



Cameron Anderson and Shammy



The demand for truffles and truffle products is definitely growing, confirms Cameron, who has sold his own yield to a high-end hotel in Johannesburg in previous months.

"Typically, imported truffles vary wildly in price, selling for anything from R4 000 per kilogram up to R26 000 per kilogram. I have priced my truffles in that same range now that they have been verified, except the benefit is that mine are coming straight from the earth to your plate, without an overseas journey in between."

Cameron's own truffles still need time to develop though. "My yield isn't currently great enough to really be lucrative right now, but there is lots of potential here and the possibility to build an empire."

The Andersons, although still living between Dullstroom and Fernbank Farm, have opted to look at selling the farm. The decision has largely been made for the sake of their daughter and her future education, but Cameron's decision to begin truffle farming has made him a sought-after man, and consulting other farms on doing the same is a very real career prospect for him right now.

When probed about his best recipe to use one of his black diamond truffles, Cameron smiles and, with a sliding motion of his hand, says: "There's nothing better than the thinnest slices of truffle from a mandoline on your steak."

Fernbank Farm, 4,5km off the N4 on the Machadodorp road to Dullstroom; 084 569 3701; fernbank.co.za



WIN

THIRTY LUCKY READERS WILL
EACH **WIN THREE CASES** OF
VAN LOVEREN WINE WORTH

R1 000

Van Loveren Family Vineyards is owned by the Retief Family, a third generation of wine lovers. 2015 marks the 35-year celebration of the Van Loveren brand, which is celebrated with a fresh appearance that speaks of quality and style – just as Van Loveren supporters have come to know and love.

In celebration of the new design, Van Loveren launched Daydream – an uncomplicated and surprisingly fruity, dry white wine, ideal for a summer seafood dish.

The very popular Sauvignon Blanc boasts the typical grassy character of the cultivar. Expect an aromatic, robust wine with melon and figs on the palate and a lingering elegance.

The grapes that went into the Chenin No. 5 make it a highly aromatic wine. Taste quince, guava and Granny Smith apple notes with a touch of fresh herbs.

Available at all leading wine merchants. Visit vanloveren.co.za for more information about the wines and the variety of family- and outdoor activities available on the farm near Robertson.

THE PRIZE

Thirty lucky readers will each win three cases of Van Loveren wine to the value of R1 000. The three cases include six bottles of Van Loveren Daydream, six bottles of Van Loveren Sauvignon Blanc and six bottles of Van Loveren Chenin No. 5, with delivery straight to your door!

TO ENTER

SMS WINE followed by your name, ID number and postal address to 48405. Each SMS costs R1,50 and free SMSs do not apply.

Competition closes on 30 November 2015. The prize cannot be transferred to cash. Not exchangeable. Competition only open to persons above 18 years of age, with a reachable delivery address within South Africa. Go to foodandhome.co.za for terms and conditions.



WHAT TO DRINK, WHEN, WHERE
AND HOW... By CLAIRE HU

DRINK UP

For a summer's day lunch, nothing beats ice-cold rosé. In the past, one felt embarrassed to confess to drinking rosé, but thanks to today's winemakers' more subtle, elegant styles, the only blush in sight is now in the glass



Delheim Pinotage Rosé 2015 (R57)

This easy glugger is off-dry, but has loads of vibrant acidity to balance it out. A nice, subtle, floral note and bursting with red-berry fruit, like fresh raspberries and cranberries. Made from pinotage with a dash of muscat de frontignan.



Babylonstoren Mourvèdre Rosé 2015 (R89)

A pretty bottle for a real flirt of a wine. Very floral, with caressing aromas of Turkish delight, roses, vanilla custard and spice. There's also a brambly and citrusy final note.



Waterkloof Cape Coral Mourvèdre 2015 (R95)

This unusual earthy pink could be attractive to those who dislike most rosés. Very delicate, dry with mineral tones, raspberries, pears and an aroma of white linen and fynbos. More savoury than fruity.

WINE JARGON UNRAVELLED...

'Saignée'

This French word literally means 'bled' and refers to a technique for making rosé. Free-run juice from just-crushed red grapes is separated from the skins after a short period of time to produce a pink wine. A cheaper way to make rosé is to blend a bit of red wine with white – although this is the tradition for most rosé Champagnes.



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Join the Food & Home Entertaining Wine Club this

month, and stand a chance of winning a case (six bottles) of Bushmanspad Estate The Menno 2012 worth R900! Bushmanspad Estate is a top-quality red-wine project situated high on the slopes of the spectacular Langeberg mountains in the Western Cape. The Menno 2012 is bright maroon in colour and offers a concentrated aroma of berry fruit and spice on the nose. A full-bodied wine, it has ripe dark-berry notes with sweet cinnamon flavours, completed with the complexity of an oak finish.



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The Menno 2012 worth R900!
See page 28 for details.



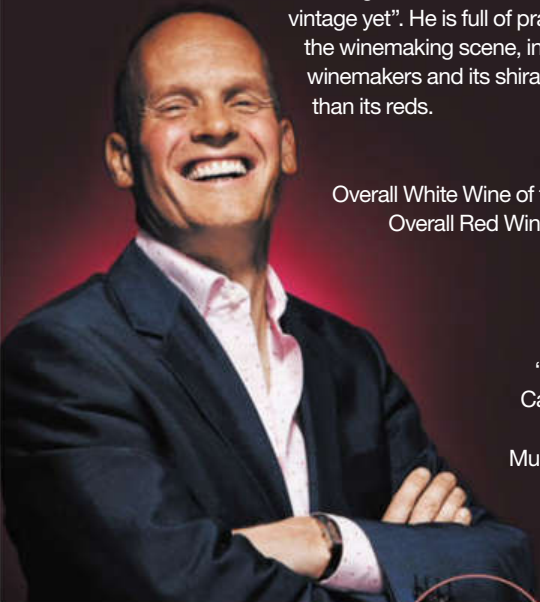
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Tim Atkin's SA wine report 2015

British Master of Wine, Tim Atkin, has given his expert take on South African wine with his latest report, which controversially ranks wines in the same way as Bordeaux, from first to five growths. Atkin believes 2015 could be "the Cape's most thrilling vintage yet". He is full of praise for the changes that have happened in the winemaking scene, including more old vines, pioneering young winemakers and its shiraz, but still believes SA's white wines are better than its reds.



HERE ARE SOME OF HIS RANKINGS:

Overall White Wine of the Year: Chamonix Reserve Chardonnay 2014

Overall Red Wine of the Year: The Sadie Family Columella 2013

Overall Sweet Wine of the Year:

Klein Constantia Vin de Constance 2012

Overall Sparkling Wine of the Year:

Graham Beck Cuvée Clive 2009

'First Growth' farms are: AA Badenhorst; Alheit; Cape Point; Chamonix; Crystallum; Delaire Graff; Kanonkop; Keermont; Klein Constantia; Mullineux & Leeu; Paul Cluver; Porseleinberg; Rall; Reyneke; Sadie Family

His report can be bought for R300 from timatkin.com

Q&A



Wade Sander, 24, is a young winemaker on the move! One of just three students chosen every year to be part of the three-year Cape Winemakers Guild protégé programme, this dynamic Joburger recently scored a job as assistant winemaker at Mullineux & Leeu in the Swartland.

Your winemaking philosophy?

For me, it's about being minimalistic. Wines should represent where they come from and not be so influenced by what we do in the cellar.

What is your favourite cultivar?

Pinot noir. I love its complexity and the fact that it's a bit of a challenge to make, especially in SA. You need to look really closely at the areas where it can do well. I would love to eventually make an awesome pinot! But, I also think those southern European varieties like cinsault, grenache, carignan, chenin blanc and clairette blanche suit our climate more.

You're from Joburg – what did your parents think about your career choice?

My dad, who is an engineer, was not overly keen to begin with. Both of my parents wanted me to get a degree and weren't sure if you could make a living from making wine! But, they've seen how passionate I am and support me.

What will you be doing at Mullineux? They are starting a new label called Leeu, with new vineyards. We will be focusing on cabernet franc, cabernet sauvignon, cinsault and a really interesting chardonnay with an oxidative note. I will take control mainly of the Franschoek cellar. But, before I start, I'm going on a winemaking tour of Europe – I'll be doing a harvest in the Loire Valley and then on to Burgundy and the Rhône.

GIVEAWAY



September saw the first-ever Rosé Rocks! competition, South Africa's rosé wine-dedicated contest, which sought to recognise excellence in rosé winemaking across the country.

This year, the overall winning rosé was Tamboerskloof Katharien Syrah Rosé 2015. To celebrate the creation of this exciting award, we're giving away one case (six bottles) of the winning MCC,

the Villiera Brut Rosé Woolworths worth R750!

To enter, email your name, postal address and ID number to foodhome@caxton.co.za with 'Villiera MCC' in the subject line by 15 November 2015. Competition not open to persons under the age of 18.

Dates for the diary...

7 November 2015. Enjoy the chance to blend your own wine at a Spier masterclass! You can also taste the latest Spier blends and the evening ends with a burger at Eight restaurant. Tickets cost R195 pp; webtickets.co.za

26 November 2015. Joburg's Clico Boutique Hotel hosts a Hamilton Russell wine tasting paired with dishes from Izanne Nawn. Special weekend packages will be available. Tickets cost R425 pp; 011-252-3300



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BOOKS FOR COOKS

DIGESTING THE LATEST ON THE CULINARY SHELVES... By TARYN DAS NEVES

DELICIOUSLY ELLA (HODDER & STOUGHTON, R300)

If you've been dabbling in flexitarianism and want to take the plunge to becoming a vegetarian or (gasp) a vegan, this cookbook will help you take the first steps in the right direction. Packed with all the superfoods you could ask for, the recipes are gluten-free, vegan and showcase just how easy a healthy, sugar-free diet can be – whether you simply want to introduce more fruit and veggies into your diet or try out exotic ingredients like miso paste and chia seeds.

FIVE F&HE READERS CAN EACH WIN A COPY OF DELICIOUSLY ELLA BY ELLA WOODWARD FROM EXCLUSIVE BOOKS. TO ENTER, EMAIL YOUR NAME, CONTACT NUMBER, ID NUMBER AND POSTAL ADDRESS TO FOODHOME@CAXTON.CO.ZA WITH 'ELLA' IN THE SUBJECT LINE. ENTRIES CLOSE ON 15 NOVEMBER.



Win

E. EXCLUSIVE BOOKS

TOP 10 COOKERY TITLES

1 *The Real Meal Revolution*

Prof. Tim Noakes et al

2 *The Real Meal Revolution: Raising Superheroes*

Prof. Tim Noakes et al

3 *Low Carb is Lekker (English)*

Ine Reynierse

4 *Low Carb is Lekker (Afrikaans)*

Ine Reynierse

5 *Real Food, Healthy, Happy Children*

Kath McGaw

6 *Die Demokratiese Republiek Van Braai*

Van Braai

Jen Braai

#TASHAS

Netasha Sideris

8 *The Democratic Republic of Braai*

Jen Braai

9 *Koekedoor*

Errieda Du Toit

10 *The Healthy Life*

Jessica Sepel

1 THE DUMPLING SISTERS (ORION PUBLISHING GROUP, R440)

Don't let the title fool you! While it contains an array of recipes for dumplings in all shapes and sizes, from steamed to fried to baked, the cookbook focuses on traditional Chinese recipes too: from the usual suspects, like honey hoisin spare ribs, to the more adventurous fragrant cumin and coriander beef. The soy salted caramel, and coconut and black sesame ice cream should not be missed!

2 NANBAN (SQUARE PEG, R591)

For serious lovers of Japanese food – from katsus to the more unusual fish roe. UK *MasterChef* winner 2011, Tim Anderson has honed his skills in Japanese cuisine, his biggest love. Tim's cookbook celebrates his new restaurant in London and the unique flavours that put Japanese food in a league of its own. If you're a ramen aficionado, look no further than his extensive section on this lip-smacking noodle dish.

3 MAMUSHKA (OCTOPUS PUBLISHING GROUP, R368)

Here, something different – a little inspiration from a veiled corner of the globe. *Mamushka* lifts the lid on the colourful food from Ukraine. While often synonymous with a Soviet way of life, the cuisine is anything but. While there is the prerequisite recipe for a good meaty broth, there is an abundance of wholesome veggie and salad offerings, as well as must-try bread recipes.



4 BIG FLAVOURS FROM A SMALL KITCHEN (OCTOPUS PUBLISHING GROUP, R360)

Looking for summer-dining inspiration? Filled with seasonal ingredients, the recipes from London eatery, Chriskitch, are fuss-free. Think salmon with coriander, mint, walnuts and hummus, or carrot, ginger, coconut and chilli soup. There are also amazing dishes from the bakery section – blue cheese, Guinness and sunflower seed bread, anyone?

5 CARIBBEAN MODERN (HEADLINE, R535)

With such an eclectic cultural mix making up this island nation, it's no wonder their cuisine is a melting pot of flavours, from Asian spices to Caribbean staples like coconut. But, it's the sweet section that captivates most in this book and sings of sun-soaked beaches – coconut soufflé with hot buttered rum, a pineapple and chilli crème brûlée, and salted tamarind caramel sundae.

6 FROM VENICE TO ISTANBUL (PENGUIN RANDOM HOUSE, R525)

Rick Stein certainly knows how to take a reader on a culinary odyssey. Discover the flavours of the eastern Mediterranean and lose yourself in the beautiful pictures, people and plates. From moussaka and ragù to Turkish delights and meze, the recipes capture the best ingredients and dishes that make these coastal countries culinary favourites the world over.

EVER BEEN STUCK
MID-RECIPE BECAUSE YOU'RE
MISSING AN INGREDIENT?
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WE'VE LISTED SOME
TRIED-AND-TESTED
SUBSTITUTE INGREDIENTS
SO THAT YOU'LL NEVER FIND
YOURSELF IN A FIX AGAIN

250g sour cream

=



250g double-cream yoghurt

150g self-raising flour

=



150g cake flour

+



10ml
(2 tsp)
baking
powder

240g buttermilk

=



240ml milk

+



15ml (1 tbsp) lemon juice

OR 5ml (1 tsp) vinegar

5ml (1 tsp) allspice =



2,5ml (1/2 tsp) ground cinnamon



2,5ml (1/2 tsp) ground ginger



1,25ml (1/4 tsp) mustard powder

5ml (1 tsp) cajun spice =



1,25ml (1/4 tsp) cayenne pepper



2,5ml (1/2 tsp) dried thyme



1,25ml (1/4 tsp) dried basil



1 garlic clove, peeled & crushed

60ml (1/4 cup) soya sauce =



30ml (2 tbsp) Worcestershire sauce



30ml (2 1/2 tsp) water



What window décor will suit a formal lounge?

– Lindiwe, Umgeni Park

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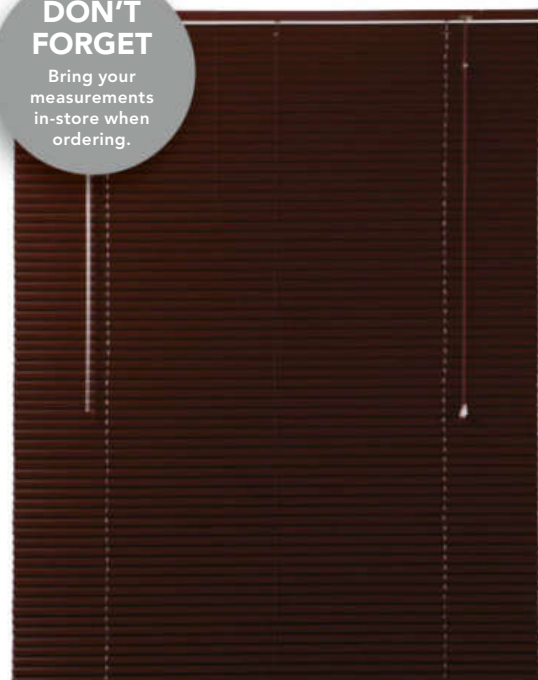
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On blueberry hill

A SUMMERY CLASSIC KNOWN FOR ITS ANTIOXIDANT PROWESS AND HIGH NUTRIENT VALUE, THESE LITTLE INDIGO BERRIES WILL ADD A POP OF COLOUR AND BURST OF SWEETNESS TO WHATEVER YOU'RE COOKING UP...

Recipes and styling by NOMVUSELELO INCUBE Photographs by DYLAN STUART

HOW TO GROW

Blueberries are extremely picky about their soil. They require one that is acidic, high in organic matter and well-drained, yet moist. The pH levels should, ideally, be between four and five. Blueberry bushes should be planted in early spring.

HOW TO CHOOSE

Pick berries that are firm and have a lively, uniform hue with a whitish bloom.

HOW TO STORE

Keep ripe blueberries in a sealed container in the fridge where they will stay fresh for up to three days. Blueberries are one of the easiest fruits to freeze. Wash and dry thoroughly and pop in a resealable bag and into the freezer – you'll have berries all winter long! When using frozen berries in recipes that do not require cooking, defrost well and drain prior to using.



Rainbow salad with salsa verde

Makes 1 large salad, serves 4
EASY 20 mins

THE FLAVOUR COMBINATIONS RAINBOW SALAD

2 x 250g packets rainbow carrots, shaved using a potato peeler
1 x 350g packet Israeli cucumbers, shaved using a potato peeler
handful caperberries
125g blueberries

SALSA VERDE DRESSING

handful fresh flat-leaf parsley + extra, chopped, to garnish

handful fresh basil leaves + extra, chopped, to garnish
handful fresh mint leaves + extra, chopped, to garnish
2 garlic cloves, peeled and crushed
5ml (1 tsp) mustard
80ml (⅓ cup) olive oil
10ml (2 tsp) white wine vinegar
salt and freshly ground black pepper, to taste
zest of 1 lemon

HOW TO DO IT

- 1 For the salad, arrange all of the ingredients on a large platter. Refrigerate until needed.
- 2 For the dressing, blend together all of the ingredients – except the seasoning

and lemon zest – until smooth. Season to taste and fold in the zest.

- 3 Remove the salad from the fridge, drizzle with the dressing and garnish with parsley, basil and mint to serve.

Cauliflower pizzas with blueberries, sage and prosciutto

Makes 6, serves 12 **EASY** 45 mins

THE FLAVOUR COMBINATIONS CAULIFLOWER PIZZA BASES

1kg cauliflower, washed and roughly chopped
200g Parmesan, grated + extra, to sprinkle
2 large eggs
small handful fresh sage, finely chopped

PIZZA TOPPINGS

250g fresh bocconcini, drained and torn
250g blueberries
70g prosciutto

handful microherbs, to garnish
deep-fried sage, to garnish

HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 For the pizza bases, place the chopped cauliflower florets in a bowl, cover with cling film and place in the microwave, 10 minutes. Remove from microwave and allow to cool, 10 minutes. Add the Parmesan, eggs and sage and blend in a food processor until smooth.
- 3 Line a baking tray with baking paper. Shape the cauliflower mixture into 13cm rounds. Don't worry if the mixture looks soggy or runny – it will firm up nicely in the oven. Place in the oven and bake until golden brown, 30 minutes.
- 4 Increase the heat to 200°C and turn on the grill. Take the pizzas out, sprinkle with the bocconcini, blueberries and prosciutto and return to the oven until golden brown, about 5 minutes. Serve garnished with microherbs and deep-fried sage.

FRESH


*Cauliflower pizzas with blueberries,
sage and prosciutto*



DID YOU KNOW?

- The perfect blueberry should be 'dusty' in colour. This protective powdery coating is known, colloquially, as the 'bloom'. Don't wash berries until right before eating them as washing will remove the bloom, which protects the berries' skins from degradation.
- Maine, the northeastern-most state in the US, produces more blueberries than anywhere else in the world.
- Blueberries can be used as a natural food dye. Legend has it that early American colonists would boil blueberries with milk to produce a grey paint.
- Blueberries can help to protect against memory loss! A 2012 study showed that eating one or more servings of blueberries a week helped to slow cognitive decline by as much as two-and-a-half years. Researchers concluded that flavonoids, a type of antioxidant, may be underlying the connection.
- Blueberries are a very good source of vitamin K, vitamin C and manganese, as well as fibre and copper.

Sources: nutrition-and-you.com;
huffingtonpost.com



Blueberry and ricotta baked doughnuts with salted caramel- chocolate ganache

Makes 15 **EASY** 45 mins + cooling time

THE FLAVOUR COMBINATIONS BLUEBERRY AND RICOTTA DOUGHNUTS

300g cake flour
100g sugar

5ml (1 tsp) baking powder
2,5ml (½ tsp) bicarbonate of soda
5ml (1 tsp) ground nutmeg
2,5ml (½ tsp) ground cinnamon
250ml (1 cup) buttermilk
2 large eggs
30g butter, melted
5ml (1 tsp) vanilla extract
250g fresh blueberries
400g ricotta, crumbled

SALTED CARAMEL-CHOCOLATE GANACHE

125ml (½ cup) fresh cream
400g caramel chocolate, finely
chopped
pinch Maldon Sea Salt + extra,
to serve

HOW TO DO IT

- 1 Preheat the oven to 180°C and grease a standard doughnut pan.
- 2 For the doughnuts, mix together the flour, sugar, baking powder, bicarbonate of soda, nutmeg and cinnamon in a bowl. Mix in the buttermilk, eggs, butter and vanilla, then fold in the blueberries and ricotta. Spoon the mixture into the doughnut wells in the prepared pan. Bake until golden brown, 25 minutes. Remove from oven and allow to cool in the pan, 30 minutes.
- 3 For the ganache, scald the cream in a small pot. Place the chocolate in a bowl and pour over the hot cream. Stir until smooth, then add the salt and mix to combine.
- 4 Dip the doughnuts into the caramel-chocolate ganache and sprinkle with sea salt.



THE *golden* GLOBES



GORGEOUS GOOSEBERRIES ARE WINNING LITTLE GEMS THAT GROW ON SMALL, THORNY BUSHES. THIS SUMMER-SEASON BERRY IS DELICIOUSLY SWEET AND SUCCULENT AND PACKED WITH VITAMINS – WHAT MORE COULD YOU ASK FOR TO LEND COLOUR, FLAVOUR AND A HEALTHY PUNCH TO YOUR SUMMER MENU?

Recipes and styling by ILLANIQUE VAN ASWEGEN
Photographs by ADEL FERREIRA

DID YOU KNOW?

- Early in the season, gooseberries are bright green with a veined effect on the skin and quite hard and tart – these are best for cooking with. Poach for 10 – 15 minutes and use to make crumbles or pies. Purée after poaching to make gooseberry fool, ice cream or a tangy sauce for rich roasts like pork or goose. Later on, softer, sweeter varieties become available, often yellow or red in colour, which are best eaten raw.
- Gooseberries thrive in changing seasons, involving frigid winters and humid summers, and they're more

shade-tolerant than other fruits.

- The berry will keep in the fridge for up to a week.
- Flavones and anthocyanins, compounds in gooseberries, have numerous beneficial health effects against cancer, ageing, inflammation and neurological diseases. Rich in antioxidant polyphenolics and vitamins, the fibre content constitutes 26 per cent of the daily recommended value per 150g (1 cup), which assists in colon health.
- Gooseberries contain a healthy dose of scurvy-preventing vitamin C – 69 per cent of the daily recommended value.

Source: foodfacts.mercola.com

Bulgur wheat, chickpea and roasted pumpkin salad with gooseberry dressing

A beautiful and vibrant salad packed with texture and exciting flavours

Serves 4 **EASY** 1 hr

THE FLAVOUR COMBINATIONS GOOSEBERRY DRESSING

155g gooseberries
60ml (¼ cup) orange juice
15ml (1 tbsp) red wine vinegar
15ml (1 tbsp) double-cream yoghurt
15ml (1 tbsp) olive oil
salt and freshly ground black pepper, to taste

SALAD

500g butternut, peeled and cut into thin wedges
3 sprigs fresh thyme
15ml (1 tbsp) olive oil
5ml (1 tsp) garlic, finely chopped
5ml (1 tsp) honey
200g bulgur wheat
500ml (2 cups) chicken stock
1 fresh bay leaf
1 x 400g tin chickpeas, drained
155g gooseberries, some halved and some left whole
½ (about 90g) red onion, peeled and finely chopped
125g ricotta
50g salted cashews

handful microherbs, to serve

HOW TO DO IT

- 1 Preheat the oven to 200°C.
- 2 For the dressing, purée the gooseberries, orange juice, vinegar and yoghurt in a food processor. Add the 15ml (1 tbsp)

olive oil in a steady stream, while the motor is running. Season to taste and refrigerate until ready to use.

3 For the salad, toss the butternut, thyme, 15ml (1 tbsp) olive oil, garlic and honey together. Season to taste, arrange on a baking tray and roast until tender, 20 – 25 minutes. Allow to cool.

4 Bring the bulgur wheat, stock and bay leaf to a boil. Reduce the heat and simmer over medium heat for 10 minutes. Remove from heat and cover with a lid, 5 minutes, before using a fork to loosen the grains. Stir in the chickpeas and allow to cool.

5 To assemble the salad, combine the bulgur wheat and chickpea mixture with the gooseberries and chopped onion. Add the salad dressing and toss to combine. Scatter the pumpkin, chunks of ricotta and cashews on top and garnish with microherbs. Serve with extra dressing on the side.

5
HIGH
contains 1 of your 5 a day

COOK'S TIP

If you wish to bulk up this salad and please meat lovers at the same time, then serve it topped with strips of chargrilled steak or chicken.



PAIR UP

Stellenbosch Vineyards Heyden's White

A unique blend of sauvignon blanc, viognier, verdelho and gewürztraminer creates a fusion of flavours and fragrances – delicious with creamy chicken dishes, fresh fish or light salads.



Rolled pork belly with gooseberry and almond chutney

The sweet gooseberries are a perfect match for the soft and tender pork with crunchy crackling

Serves 4 **A LITTLE EFFORT** 3 hrs

THE FLAVOUR COMBINATIONS ROLLED PORK BELLY

1,2kg pork belly
15ml (1 tbsp) garlic, finely chopped
salt and freshly ground black pepper, to taste
olive oil, to drizzle

GOOSEBERRY AND ALMOND CHUTNEY

10ml (2 tsp) olive oil
1 (about 180g) onion, peeled and finely chopped
5ml (1 tsp) fresh ginger, finely grated
5ml (1 tsp) garlic, finely chopped
130g yellow apples, chopped
155g gooseberries + extra, to garnish
180ml (¾ cup) orange juice
125ml (½ cup) red wine vinegar
125ml (½ cup) water
100g brown sugar
5ml (1 tsp) yellow mustard seeds
1,25ml (¼ tsp) salt
50g almonds, finely chopped

microherbs, to garnish
raw baby spinach salad, to serve (optional)

HOW TO DO IT

1 For the pork belly, preheat the oven to 200°C. Lay the belly, skin-side up, on a clean surface. Position it so that the shorter sides are on the left and right. Using a sharp knife, score the skin without puncturing the meat by making long, thin slits from left to right. Turn the pork belly over and rub the 15ml (1 tbsp) garlic onto the meat. Season and roll it up, with the skin on the outside, from one short side to the other. Secure with a few pieces of kitchen string. Drizzle with olive oil and roast in the oven, 20 minutes. Lower the heat to 180°C and roast for 1 hour and 30 minutes. Turn the heat back up to 200°C and roast for a further 30 minutes. Remove from oven and allow the meat to rest, 10 – 15 minutes, before carving.



COOK'S TIP

As an alternative to pork belly, this chutney goes really well with pork chops, pork sausages and pulled-pork sandwiches.



PAIR UP

Credo Chenin Blanc

Honey, pineapple and treacle on the nose give way to intense butterscotch and tropical flavours on the palate, which work well with exotic-spiced dishes.



2 For the chutney, heat the olive oil in a pot over medium heat. Add the onion and gently sauté for 5 minutes. Add the ginger, 5ml (1 tsp) garlic and apples and fry for a further 2 minutes. Stir in the gooseberries, orange juice, vinegar, water, sugar, mustard seeds and salt and simmer until tender, 30 minutes, stirring regularly. Add the chopped nuts and allow to cool.

5 Serve the pork belly slices with a bit of chutney on the side and garnish with microherbs and fresh gooseberries. To complete the meal, you can serve this dish alongside a simple baby spinach salad with a splash of olive oil and lemon juice, if desired.

Gooseberry, lime and cinnamon beignets

These golden, fried pillows are utterly addictive and great fun to make! They're a cross between a sophisticated doughnut and a local vetkoek

Makes about 30 **A LITTLE EFFORT**
1 hr 45 mins

THE FLAVOUR COMBINATIONS

5ml (1 tsp) instant yeast
180ml (¾ cup) tepid water
60ml (¼ cup) brown sugar
125ml (½ cup) coconut milk
1 large egg, whisked
1,25ml (¼ tsp) salt
1,25ml (¼ tsp) cinnamon
zest of 1 lime
405g cake flour
30g butter, soft
olive oil, to drizzle
sunflower oil, to deep-fry
155g gooseberries + extra,
to garnish
15ml (1 tbsp) cake flour

icing sugar, to dust

HOW TO DO IT

1 Stir the yeast, water and brown sugar together and allow to stand, 5 minutes.

Add the coconut milk, egg, salt, cinnamon, lime zest and the 405g cake flour and use the dough hook of an electric mixer to combine it all. While the motor is running, add the butter in 3 batches and mix until incorporated. Use your hands to bring the sticky mixture together and shape into a ball.

2 Drizzle a tiny bit of olive oil into a large glass bowl and use a piece of paper towel to grease the whole bowl. Add the dough, cover with cling film and leave in a warm place to double in size, about 1 hour.

3 Heat the oil in a deep-fryer or deep pot to 180°C.

4 Use your fist to knock the air out of the dough while it is still in the bowl. Turn it out onto a floured surface and roll it out to a thickness of about 1cm.

5 Toss the gooseberries and 15ml (1 tbsp) cake flour together. Sprinkle this onto one half of the rolled-out dough, then fold the other half of dough over the berries. Again, roll it out to a thickness of 1cm. If the berries spill out a bit, press them back in with your fingers or fold the dough in half again and roll out for a third time.

6 Cut the dough into strips, about 4cm wide, and then into diamonds of about 3cm wide.

7 Fry in the hot oil until golden, puffy and crisp, 1 – 2 minutes on each side. Drain on paper towel. Place all of the beignets in a large bowl and dust liberally with icing sugar shaken through a small sieve while still warm. Scatter with fresh gooseberries to serve.



COOK'S TIP

Beignets are best eaten straight away, when they're still crispy on the outside and tender on the inside. But, they can stand, if necessary – fry them off about 2 hours before needed, dust with icing sugar and store in an airtight container.

Light Summer living

GIVE THAT BORING GREEN SALAD THE BOOT
AND TRY THESE DELICIOUSLY DIFFERENT
SUMMER DISHES FROM PICK N PAY

Grilled summer chicken salad

Serves 4 **EASY** 40 mins

60ml (¼ cup) PnP Mayonnaise
10ml (2 tsp) PnP Crushed Garlic
2 sprigs fresh PnP Thyme, chopped
4 PnP Fresh Chicken Breasts, butterflied
1 PnP Mango, peeled and sliced
1 PnP Avocado, peeled and sliced
120g PnP Baby Leaves Salad Mix
50g PnP Shaved Almonds, toasted
60ml (¼ cup) PnP Greek Salad Dressing

1 Combine the mayonnaise, garlic and thyme in a dish. Add the chicken, cover and refrigerate to marinate, at least 30 minutes, turning once.

2 Preheat a griddle pan over medium-high heat. Shake excess marinade off the chicken and chargrill for 5 – 8 minutes on each side. Remove from heat and set aside.

3 In a large bowl, combine the mango, avocado and salad leaves. Break up the grilled chicken and add to the salad. Sprinkle the almonds over and drizzle with the salad dressing just before serving.



Crunchy Thai beef salad

Serves 4 **EASY** 20 mins

200g PnP Instant Noodles Beef
 250g PnP Butchery Rump Steak
 15ml (1 tbsp) PnP Extra Virgin Olive Oil
 salt and freshly ground black pepper, to taste
 1 PnP Red Pepper, julienned
 2 PnP Carrots, julienned
 1 red onion, peeled and julienned
 1 small PnP Red Cabbage, sliced

DRESSING

60ml (¼ cup) lime juice
 30ml (2 tbsp) PnP Extra Virgin Olive Oil
 30ml (2 tbsp) fish sauce
 10ml (2 tsp) PnP Brown Sugar
 10ml (2 tsp) PnP Crushed Chilli, Ginger and Garlic
 handful fresh PnP Coriander, chopped + extra, to serve

sesame seeds, to serve

1 Cook the noodles according to packet instructions. Set aside to cool.

2 Heat a griddle pan or braai over medium-high heat. Drizzle the steak with the olive oil and season with salt and pepper. Sear the steaks until done to your liking. Remove from heat, cover with foil and set aside to rest, 5 minutes, before cutting into thin slices.

3 For the dressing, whisk all of the ingredients together in a small jug.

4 Place the steak slices on a serving tray. In a large bowl, combine the red pepper, carrots, onion, red cabbage and noodles. Top the steak with the salad ingredients and drizzle over the dressing. Garnish with coriander and sesame seeds to serve.



Now you see me!

THIS SUMMER, WE'RE ENJOYING LIGHT 'N LOVELY DISHES WITH ADDED INTRIGUE – AN X-RAY FINISH!

Recipes and styling by JACQUES ERASMUS
Photographs by MYBURGH DU PLESSIS

Onion shells with whipped herb cheese and white- port dressing

Serves 6 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

6 medium brown onions, peeled, roots trimmed and halved
75ml water
125ml (½ cup) crème fraîche, at room temperature
125ml (½ cup) cream cheese, at room temperature
125ml (½ cup) fresh cream, at room temperature
45ml (3 tbsp) mixed soft fresh herbs (parsley, dill, chives, chervil), roughly chopped
15ml (1 tbsp) lemon juice
150ml olive oil
150ml white port
5ml (1 tsp) smooth Dijon mustard
pinch salt
75g herb/baby salad leaves
75g pine nuts, lightly toasted

HOW TO DO IT

- 1 Place the halved onions in a microwaveable container and add the water. Cover with cling film and pierce a few small holes in the cling film. Microwave on high heat until the onions are transparent and cooked, about 10 minutes. Remove from microwave and allow to stand for 10 minutes in the covered container. A microwave is preferred as this keeps all the flavour of the onions intact, as well as being the quickest and easiest way to control the cooking of the onions. The onions should be soft and perfectly cooked.
- 2 Combine the crème fraîche, cream cheese, cream, soft herbs and lemon juice in a mixing bowl and whip until light and fluffy.
- 3 Break the onions into shells and spoon dollops of the herb cheese on top.
- 4 Combine the olive oil, port, mustard and salt and whisk well. Spoon over the onion shells and garnish with the leaves and pine nuts.



Steamed duck glass dumplings with soya dip

Serves 6 **EASY** 1 hr

THE FLAVOUR COMBINATIONS STEAMED DUCK GLASS DUMPLINGS

2 (about 350g – 400g) duck breasts
5ml (1 tsp) salt
pinch freshly ground black pepper
5ml (1 tsp) sugar
100g mixed exotic mushrooms,
roughly chopped
1 spring onion, finely chopped +
extra, shredded, to garnish
150g wheat starch powder (super-
fine flour made from wheat, available
at Asian supermarkets)
25ml (5 tsp) fresh fennel, chopped
boiling water, to bring together

SOYA DIP

175ml light soya sauce
60ml (¼ cup) honey
60ml (¼ cup) rice vinegar
2cm fresh ginger, peeled
and crushed
1 fresh chilli, bruised
1 garlic clove, peeled and
bruised

HOW TO DO IT

- 1 For the dumplings, place the duck breasts in a medium saucepan and add enough water to cover. Add the salt, pepper and sugar and bring to a simmer over high heat. As soon as the water reaches boiling point, remove from heat, cover with a lid and allow the breasts to poach in the hot liquid until cooled.
- 2 Drain the water and flake the duck breast with its fatty skin. Add the exotic mushrooms and finely chopped spring onion and set aside.
- 3 Place the wheat starch in a mixing bowl with the fennel. Add a little boiling water while stirring with a wooden spoon. Continue to add boiling water, little by little, until the mixture comes together in a ball. Turn out onto a clean working surface and knead the hot dough until smooth and elastic, 2 – 3 minutes. The

dough should not stick to the surface. Divide the ball into 3 and cover 2 of the balls with a cloth.

4 Roll the first ball out as thinly as possible into an oblong shape. Place a third of the duck filling on one side of the dough and fold the dough around the duck. Roll only once to make a long cylinder with the filling inside. Trim away the excess and cut into 2cm pieces. Repeat with the remaining dough balls and filling.

5 Place the dumplings in a steamer basket and set over boiling water or place in a steamer until the dough is transparent, about 6 – 8 minutes.

6 For the soya dip, place all of the ingredients in a saucepan over high heat and bring to a boil. Remove from heat and strain through a sieve.

7 Serve the dumplings garnished with shredded spring onion and with the soya dip on the side or spooned over.



Daikon radish and sesame salad with lime dressing and white chocolate

Serves 6 **EASY** 15 mins

THE FLAVOUR COMBINATIONS

2 medium daikon radishes, peeled (available at Asian supermarkets) juice of 1 lime

25ml (5 tsp) sesame oil

sea salt flakes, to taste

25g sesame seeds, toasted

50g good-quality white chocolate

HOW TO DO IT

1 Shave the daikon radishes with a potato peeler or mandoline into thin slices and place in a serving bowl. Dress with the lime juice, sesame oil, sea salt and toasted sesame seeds.

2 Using a fine grater, grate the white chocolate over the radishes and serve.

COOK'S TIP

This is delicious served with lightly smoked trout ribbons or even raw sliced salmon.

Flowered ice plate

Makes 1 serving platter **EASY** 5 mins + overnight, to freeze

THE FLAVOUR COMBINATIONS

water, to fill

handful edible flowers and leaves

HOW TO DO IT

1 Brush a loose-bottomed cake tin with a little oil. Cut out a piece of cling film large enough to line the tin and wet under cold running water – this ensures the cling film does not cling together and is easier to handle. Line the tin with the cling film.

2 Pour in enough water to reach 1,5cm. Place edible flowers and leaves into the water and freeze overnight.

3 To unmould, dip the tin into cold water. Lift the ice platter out of the tin and turn over onto a serving dish. Remove the cling film and serve your favourite salad on top. Use immediately.





30
MINS

Sago with coconut jelly, candied kumquat, vanilla ice cream and fresh basil

Delicious as a light summer dessert with a kaleidoscope of textures and tastes
Serves 6 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

24 kumquats, thickly sliced

125g white sugar

salt, to taste

375ml (1½ cups) water

75ml sago

25ml (5 tsp) sugar

5ml (1 tsp) lemon juice

pinch lemon zest, grated

250g coconut jelly cubes, drained (available at Asian supermarkets)

600g good-quality vanilla ice cream

12 fresh basil leaves, torn

HOW TO DO IT

1 Place the kumquats in a small saucepan and add enough water to just cover. Bring to a boil then allow to simmer, uncovered, until the kumquats are soft and the water has almost evaporated. Add the 125g sugar and a pinch of salt and stir until the sugar has dissolved. Cook over high heat until the fruit is glossy, 5 – 7 minutes. Remove from heat and allow to cool.

2 Place the 375ml (1½ cups) water in a saucepan over medium heat and bring to a boil. Add the sago and cook over medium heat, stirring, until the sago is cooked and transparent, 8 – 10 minutes. Add the 25ml (5 tsp) sugar, a pinch of salt and the lemon juice and zest. Remove from heat and allow to cool.

3 Spoon the sago into serving bowls and top with the coconut jelly cubes, vanilla ice cream, kumquat pieces and fresh basil.

Soft flower jellies topped with Champagne

Serves 6 **EASY** 10 mins + 2 – 3 hrs, to set

THE FLAVOUR COMBINATIONS

2,5ml (½ tsp) dried hibiscus flowers
10ml (2 tsp) edible fragrant blossoms/flowers (orange, lime, lemon or geranium)

50ml sugar
pinch salt
250ml (1 cup) boiling water
2 (4g) gelatine leaves, softened in a little cold water
Champagne/sparkling wine, to top

HOW TO DO IT

- 1 Place the dried hibiscus flowers, edible flowers, sugar and salt in a glass jug and add the boiling water. Allow to infuse, 5 minutes, before removing the hibiscus pieces. Add the softened gelatine leaves and stir lightly to dissolve. Allow to cool.
- 2 Divide the mixture evenly among 6 Champagne flutes or tumbler glasses and refrigerate to set, 2 – 3 hours.
- 3 Top with ice-cold Champagne or sparkling wine and serve with a small spoon on the side.



COOK'S TIP

The jelly should not be completely hard. It should remain very soft.





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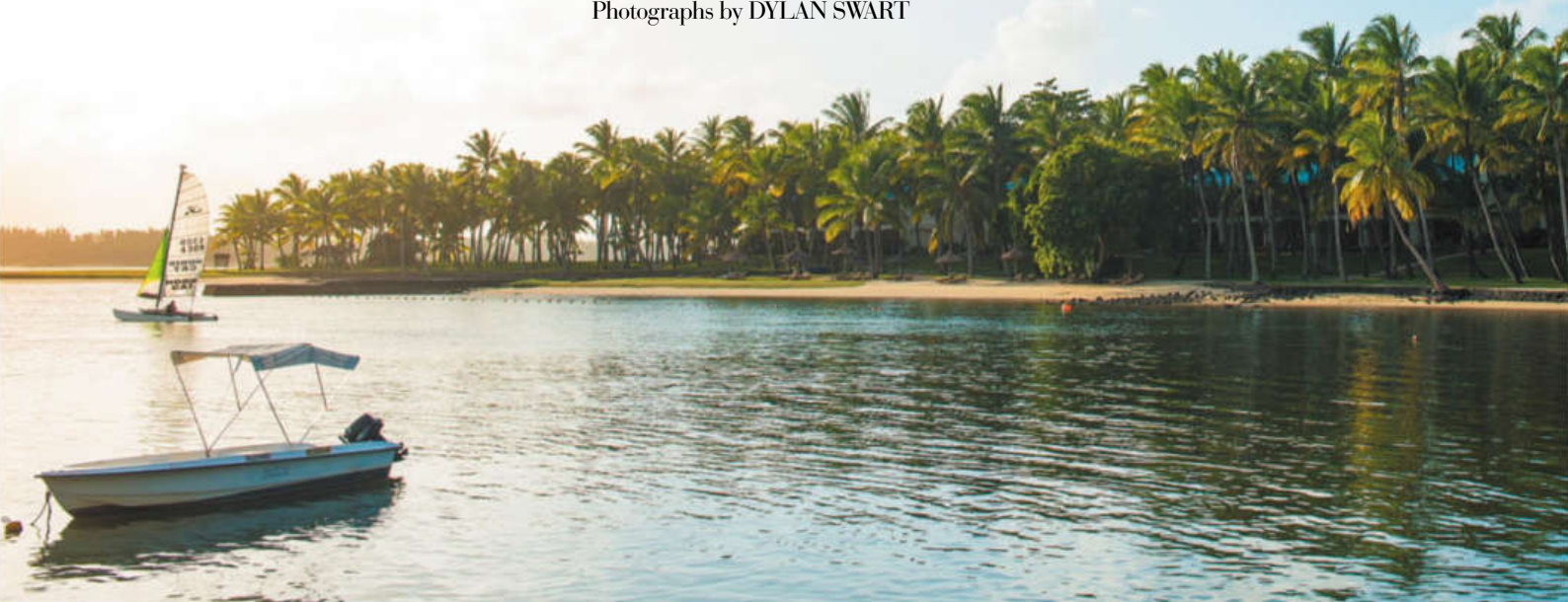
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Set adrift on *sensory bliss*

OFFERING BOTH A TASTE OF THE ISLAND AND FAR-OFF LANDS, THE INDIAN PAVILION AT ONE&ONLY LE SAINT GÉRAN IN MAURITIUS IS A REMARKABLE CULINARY JOURNEY AND A TRUE TASTE OF THE INDIAN OCEAN

By RICHARD HOLMES Recipes by FAIZAN ALI
Photographs by DYLAN SWART



At first bite, it's hard to know precisely where you are. The firm, yet smooth paneer enveloped in a velvety makhni tomato sauce will convince your taste buds you're in a restaurant on the crazy, colourful streets of Delhi. The rich scents of garam masala, turmeric and ginger suggest they're wafting in the soft, humid air of Kerala, and, yet, your eyes are feasting on the palm-lined beaches of Mauritius.

Such is the happy confusion of the senses at the Indian Pavilion at One&Only

Le Saint Géran, a five-star resort on the east coast of Mauritius and long considered one of the most luxurious getaways on South Africa's favourite holiday island.

Le Saint Géran first opened its doors in 1975 and marked hotelier Sol Kerzner's first foray overseas. The instincts of the 'Sun King' proved correct and, for four decades, the resort has welcomed sun-seekers from SA and across the globe.

Similarly, Mauritian cuisine was born of travellers – a literal melting pot of influences stretching from French and British colonists to Malagasy slaves and Chinese traders. And yet, it was the culinary influence of the indentured Indian labourers, who arrived here to work the

sugar plantations nearly two centuries ago, that have had the most profound influence on the island's cuisine. It's fitting then that the Indian Pavilion is one of the culinary highlights of One&Only Le Saint Géran, where the gourmet offerings range from the family-friendly buffet spread at La Terrasse to the international fine-dining at PRIME Contemporary Grill.

The Indian Pavilion's head chef, Faizan Ali, has spent years as a specialist Indian chef in hotels, from Dubai to Bali and back again; but, his love for cooking goes back to his childhood and the vibrant Punjabi communities in the old quarter of Delhi. On Fridays, the cooking was left to the men in the family, and Ali would join in with his father and uncles around the stove.



Coming from a long line of chefs, it's perhaps no surprise that respecting the heritage of each dish is crucial. "We are more traditional here – we don't play too much with the recipes and the spices," says Ali. "They are just the same as you would find in India."

The compact menu is divided into 'Classic' and 'Contemporary' à la carte options, reflecting both traditional and modern interpretations of Indian cuisine.

One of the standouts is gosht nizami dalcha. A dish typical of the southern city of Hyderabad, this lamb shank cooked in a fragrant curry with yellow Bengal gram lentils takes two days to prepare. "For one whole day it must marinate with spices, then we cook it up with onion, a stock of lamb bones and more spices; and cook it very slowly," explains Ali.

Dum biryani is another dish popular with Hyderabadis – a slow-cooked lamb biryani layered with aromatic basmati rice and baked under a flaky crust to mimic the naan bread traditionally used to cap the dish. With meltingly tender lamb and richness from the cashews and spices, it's a superlative take on a common dish.

Even simple plates are given a deft touch in Ali's kitchen. Paneer makhani is a perfect balance of home-made paneer enveloped in a rich tomato sauce, while his dhal makhni is another two-day labour of love, with lentils simmered overnight before eight hours of careful cooking.

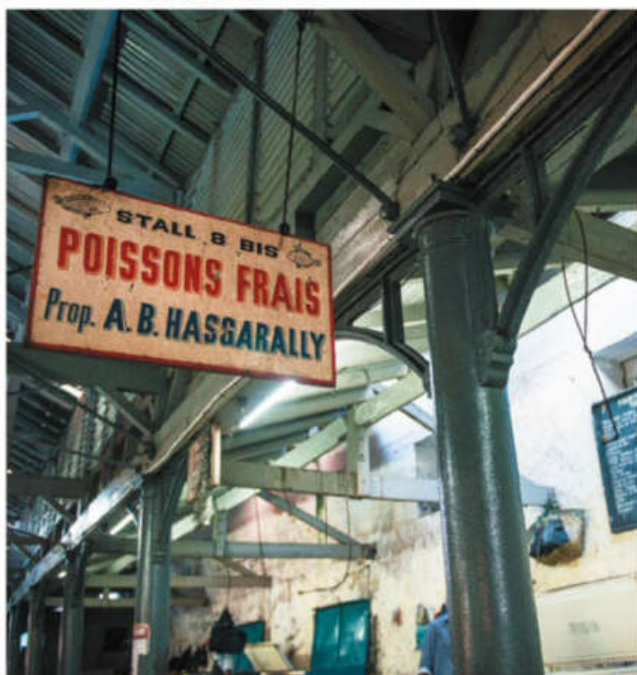
"It's a pure vegetarian dish: just lentils, water, butter, cream and some spices. That's it. Simple is best," smiles Ali, who says that great Indian cuisine is not about a palate-numbing avalanche of chilli.

"Spice does not mean heat. Spice is all





Head chef Faizan Ali selects his fresh produce in town



about the flavour of the masala, and that is the true art of the chef. Every chef will have their own mix of spices, their own garam masala. I have my recipe of 12 ingredients," Ali says. "But that is my secret," he adds with a smile.

Another favourite on the menu is Amritsari macchi – fish cooked in a simple batter of chickpea flour and served with green salad leaves and mint. It's a popular street dish in the northern city of Amritsar on the border with Pakistan. From across the border, also comes fragrant Peshwari naans baked with coconut, raisins and almonds folded into the naan dough.

If the flavours of northern India remind Ali of growing up in Delhi, the menu's profusion of seafood is a nod to the Indian Pavilion's seaside setting. Meen moilee is one of the contemporary dishes reflecting the resort's beachfront locale. Inspired by the fish curries famous in Kerala and the south of India, this is a light curry of seared sea bass with a sauce of coconut milk, curry leaves and mustard seed.

Local ingredients also come to the fore, with a mash of island manioc (cassava). If you're feeling flush, the lobster tikka daubed with chilli and lemongrass is a superb blend of the local and exotic. It's a menu as colourful as India itself, so perhaps the best choice is chef Faizan's set menu – a six-course meander across the sub-continent, from the hills of Punjab to the steamy backwaters of Kerala.

While the kitchen emphasises flavour and aromatics over heat, it won't be long before you'll want something to douse the gentle flames of Ali's flavoursome masala. Many guests opt for a local Phoenix beer, but it'd be a shame not to tap into the impressive Le Saint G eran cellar. "Pairing wine with Indian food is not always easy because, if it is too spicy, it will just destroy the wine," explains Michael Bongrand, head sommelier of the resort, which carries over 600 different wines in its cellar. "However, South Africa produces lots of lovely wines that pair very well with Indian food."

Key to pairing Indian food and wine is to seek out wines with structure to withstand the blend of spice and aromatics. "Riesling is a very good choice, as it's a wine with a good structure. Gew rtraminer also works very well," says Michael, who hails from Limoges in central France. Sauvignon blanc is a poor match, due to its dry acidity, but fruitier styles and blends make good pairings. "I recently discovered the Springfield Miss Lucy and it is a perfect match for Indian food," Michael affirms. This unique blend of sauvignon blanc, semillon and pinot gris from the Robertson Valley bursts with citrus flavours and has the rich mouth-feel needed to temper the spice of an Indian curry.

Spice often clashes with the tannin and acidity of red wines, which are more difficult to pair with Indian food: "I'd suggest a shiraz, a pinot noir or a pinotage. At the end of the pinotage, you have a little sweetness, which balances perfectly with the spice," Michael explains.



Faizan Ali



After the last spoonful of dhal, your gaze will be ready to leave your plate. Towering drapes of multicoloured cloth evoke the vibrant streets of Jaipur, in striking contrast to the smooth seas stretching eastwards towards the fringing coral reef. Those seas marked the spice route long sought by explorers and sailors. And over them too, came the Indian workers who would leave their mark, and their cuisine, on the island for generations to come.

One&Only Le Saint Gérant, Pointe de Flacq, Mauritius; +230-401-1688; lesaintgerant.oneandonlyresorts.com

Slow-cooked lamb biryani with basmati rice and a flaky crust

PAIR WITH... *Vins d'Orrance Syrah*

Cuvée Ameena

Serves 4 **EASY** 1 hr 30 mins + 4 hrs, to marinate

THE FLAVOUR COMBINATIONS

FLAKY CRUST

150g cake flour

salt, to taste

30g butter

1 egg

20ml (4 tsp) milk



THE ONE, THE ONLY



Paneer makhni



LAMB BIRYANI

oil, to fry

80g onions, peeled and sliced + extra, fried until brown, to garnish

800g lamb cubes

250g ghee (clarified butter)

50g salt

80g fresh ginger, peeled and blended with a little water into a paste

100g garlic, peeled and blended with a little water into a paste

30ml (2 tbsp) ground cumin

100g yoghurt

40g red chilli powder

5ml (1 tsp) turmeric

15 green cardamom pods

2 cinnamon sticks

400g basmati rice, rinsed and soaked in water for 20 minutes

30g green chillies, split

handful fresh mint + extra, to garnish

handful fresh coriander + extra, to garnish

pinch saffron

fried cashew nuts, to garnish

HOW TO DO IT

1 For the flaky crust, combine all of the ingredients and knead to form a soft dough. Refrigerate until ready to use.

2 For the lamb biryani, heat a little oil in

a frying pan over medium heat and fry the onions until golden. Remove from heat and set aside.

3 Place the lamb cubes in a bowl. Add the browned onions, half of the ghee, the salt, ginger paste, garlic paste, cumin powder, yoghurt, chilli powder, turmeric, half of the green cardamom and 1 cinnamon stick. Cover and refrigerate to marinate, 4 hours.

4 Add the lamb and marinade to a pot over medium heat and cook, 30 – 40 minutes. Remove the cardamom pods and cinnamon stick. Preheat the oven to 160°C.

5 Bring a pot of water to a boil and add the remaining green cardamom and cinnamon stick. Add the rice, cover and cook until 70 per cent done. Drain the rice and remove the spices.

6 Make a bed of rice in a heatproof pot or casserole. Top with the lamb, green chillies, mint and coriander and sprinkle over some saffron and the remaining ghee. Cover with the dough and cook in the oven, 18 minutes. Garnish with onions, cashew nuts and coriander.

Paneer makhni

PAIR WITH... Anthonij Rupert Terra

Del Capo Sangiovese

Serves 4 **EASY** 45 mins



Jandsoni malai chicken & asparagus with lemon dressing

THE FLAVOUR COMBINATIONS

600g fresh tomatoes

5ml (1 tsp) green cardamom pods

10 dried bay leaves

60g salt + extra, to taste

25g red chilli powder + extra, to taste

90ml vegetable oil

40g fresh ginger, peeled and blended with a little water into a paste

35g – 40g garlic cloves, peeled and blended with a little water into a paste

200g cashew nuts, fried in a little oil for 3 minutes and blended with a little water into a paste

30ml (2 tbsp) honey

salt and freshly ground black pepper, to taste

200g paneer, cut into 2 thick slices

2,5ml (½ tsp) garam masala

5ml (1 tsp) kasoori methi (dried fenugreek)

80ml (⅓ cup) fresh cream + extra, to serve

80g butter

TO SERVE

fresh mint

coconut rice garnished with fresh

curry leaves

fresh coriander

beetroot sauce (optional)

HOW TO DO IT

1 Place the tomatoes, cardamom pods, bay leaves, 60g salt, chilli powder and 30ml (2 tbsp) of the vegetable oil in a pot and bring to a boil. Remove from heat and blend to a purée in a food processor.

2 Heat 45ml (3 tbsp) of the remaining vegetable oil in a frying pan over medium heat and sauté the ginger and garlic pastes until fragrant, about 2 minutes. Add the puréed tomato mixture (from step 1) and bring to a boil. Add the cashew nut paste and allow to reduce slightly, 10 – 15 minutes. Add the honey and mix well to combine. Check the seasoning and remove from heat.

3 Heat the remaining oil in a griddle pan over medium heat. Add the paneer slices, sprinkle with salt and red chilli powder and chargrill until golden on both sides.

4 Once the paneer pieces are chargrilled, remove from griddle pan and slice into cubes. Add these to the tomato gravy and mix. Just before serving, add the garam masala, kasoori methi, cream and butter.

5 Serve hot with a drizzle of cream and garnished with fresh mint. Add a side of coconut rice and decorate the plate with coriander and beetroot sauce, if desired.

Tandoori malai chicken and asparagus with lemon dressing

PAIR WITH... *Spioenkop Riesling*

Serves 4 **EASY** 1 hr 30 mins + 2 – 3 hrs, to rest

THE FLAVOUR COMBINATIONS

salt, to taste

50g garlic cloves, peeled, washed and blended with a little water into a paste

40g fresh ginger, peeled, washed and blended with a little water into a paste

15ml (1 tbsp) lemon juice

480g chicken breasts, sliced into thirds

100g cream cheese

100ml fresh cream

200g yoghurt

2,5ml (½ tsp) white pepper

5ml (1 tsp) green chilli, seeded and chopped

handful fresh coriander, chopped

100g butter, melted + extra,

to drizzle

10ml (2 tsp) garam masala, to sprinkle

ROASTED TOMATO SAUCE

2 medium tomatoes

15ml (1 tbsp) oil

1,25ml (¼ tsp) mustard seeds

4 – 5 fresh curry leaves

salt, to taste

1,25ml (¼ tsp) red chilli powder

50g asparagus, blanched

15ml (1 tbsp) lemon juice

2,5ml (½ tsp) chaat masala

pinch black salt

garlic naan, to serve

edible flowers, to garnish

HOW TO DO IT

1 Place the salt, garlic and ginger pastes and a little of the lemon juice in a bowl. Add the chicken and refrigerate to marinate, at least 30 minutes.

2 Place the cream cheese in a baking tray and mix to a smooth paste by hand. Add the fresh cream, yoghurt and white pepper and mix to combine. Add the marinated chicken followed by the green chilli and coriander. Cover and refrigerate to rest, about 2 – 3 hours.

3 For the tomato sauce, roast the tomatoes in a tandoor oven, 4 – 5 minutes. Alternatively, roast them in a 180°C oven, about 6 minutes. Remove from oven, take off the skins and chop.

4 Heat the oil in a saucepan over medium heat. Once hot, add the mustard seeds and curry leaves. When it begins to crackle, add the tomatoes, salt and chilli powder. Cook for a few more minutes, then remove from heat and blend to a thick sauce/paste in a food processor. Spoon into a piping bag and set aside until needed.

5 Thread the marinated chicken pieces onto 4 steel skewers and cook in a tandoor oven until about half done, 8 – 10 minutes. Alternatively, cook in a 160°C oven for 16 minutes. Remove from oven and rest, 10 minutes.

6 Baste the chicken with 50g of the melted butter and return to the tandoor oven or normal oven, about 5 minutes.

7 Place your blanched asparagus in a bowl and squeeze over the lemon juice. Add the chaat masala and black salt and mix gently to combine.



8 Remove the chicken from the oven and drizzle with the remaining lemon juice and butter. Sprinkle over the garam masala. Arrange some chicken pieces on top of 3 asparagus spears on each plate. Pipe a squiggle of tomato sauce on top of the chicken pieces and serve with a triangle of garlic naan and garnished with an edible flower.

Pomegranate granita

PAIR WITH... *Colmant Cap Classique*

Brut Reserve

Serves 4 **EASY** 10 mins + freezing time

THE FLAVOUR COMBINATIONS

500ml (2 cups) pomegranate

concentrate/pomegranate molasses

50ml freshly squeezed lemon juice

250ml (1 cup) water

125g sugar

thinly sliced pineapple, to serve
fresh mint, to garnish

HOW TO DO IT

1 Mix all of the ingredients together and pour into a freezer-proof container. Place in the freezer until set.

2 Once set, scrape the iced pomegranate using a fork to create granita.

3 Line 4 cocktail glasses with pineapple slices. Add a scoop of granita and garnish with fresh mint.



One&Only
LE SAINT GÉRAN
Mauritius

Win

WIN THE ULTIMATE ISLAND HOLIDAY
ESCAPE FOR TWO AT THE LUXURY
ONE&ONLY LE SAINT GÉRAN IN MAURITIUS
TO THE VALUE OF R65 000!

Situated on its own private peninsula surrounded by sandy, white beaches and the brilliant blue Indian Ocean, One&Only Le Saint Géran is a wonderland for water lovers.

With its own lagoon, the resort offers wakeboarding, waterskiing and scuba diving, among other activities. Guest suites boast full Wi-Fi access, multimedia entertainment systems and Nespresso machines. Relax in the serene sanctuary of One&Only Spa, treat your hands and feet at the Bastien Gonzalez Mani:Pedi:Cure Studio, enjoy the lap pool, or tone up in the state-of-the-art fitness centre. There are three eateries – PRIME Contemporary Grill, the new Indian Pavilion and La Terrasse – plus live entertainment every evening at the Pool Bar.

INDIAN PAVILION

Experience a gastronomic feast for two at the new waterside Indian Pavilion at One&Only Le Saint Géran. Enjoy the magnificent natural setting – a peaceful lagoon with views of sugarcane-clad hills – as you savour the cuisine of chef Faizan Ali.

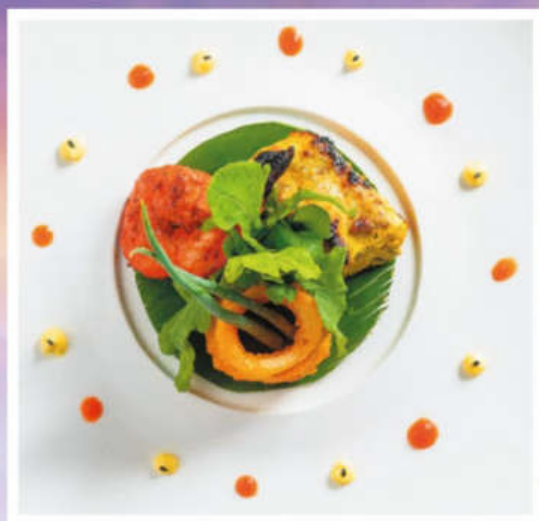
lesaintgeran.oneandonlyresorts.com

SOUTH AFRICAN AIRWAYS

South African Airways (SAA), this year, celebrates a half century of direct flights between Johannesburg and Mauritius. The airline operates daily flights on this route. With increased demand, SAA now operates twice-daily flights on Thursdays, Saturdays and Sundays. The route was one of SAA's first African destinations and has shown sustained growth over the past 50 years.

flysaa.com





THE PRIZE

One lucky reader will win a four-night island getaway for two at One&Only Le Saint Géran in Mauritius worth R65 000. The prize includes:

- Return flights from Johannesburg for two with SAA.
- Accommodation for two people sharing at One&Only Le Saint Géran on a half-board basis for four nights.
- A daily buffet breakfast and dinner at La Terrasse poolside restaurant.
- A dinner for two at the Indian Pavilion, excluding beverages.




TO ENTER

SMS 'ISLAND' followed by your name, ID number and postal address to 48405. Each SMS costs R1,50 and free SMSs do not apply.

Competition closes on 30 November 2015. The prize cannot be transferred to cash. Not exchangeable. Excludes all alcoholic beverages. Prize is subject to availability and does not include any road transfers or airport taxes. Prize expires on 31 October 2016. Visit foodandhome.co.za for terms and conditions.



FESTIVAL OF *lights*



DIWALI, OR 'FESTIVAL OF LIGHTS', IS AN ANCIENT ANNUAL HINDU FESTIVAL CELEBRATED IN THE NORTHERN HEMISPHERE'S AUTUMN. THIS YEAR, IT FALLS ON 15 NOVEMBER. DIWALI IS THE BIGGEST AND BRIGHTEST FESTIVAL IN INDIA, AND SPIRITUALLY SIGNIFIES THE VICTORY OF LIGHT OVER DARKNESS. THESE TRADITIONAL DIWALI DESSERTS WITH A TWIST WILL MAKE FOR THE PERFECT (AND TASTIEST) END TO YOUR CELEBRATION. HAPPY DIWALI!

By KAMANEE COVENDER
Recipes and styling by CLAIRE FERRANDI
Assisted by NOMVUSELELO MNCUBE
Photographs by GRAEME WYLLIE

Now that I'm a mother, I see the beauty and enchantment of Diwali (or Deepavali) all over again, through my daughter's eyes.

It's a celebration of light, fire and colour. It's about having our house overflowing with family, friends, laughter and food. I can see my daughter's glee and delight as she squats next to my mother outside, helping her make a rangoli – the eye-catching decorative pattern that's made on the floor of your doorstep or verandah to welcome Maha Lakshmi, the Goddess of Prosperity, also known as Light herself. I see my daughter's pudgy fingers greedily curl around the brightly coloured sweet meats: almost-neon-orange ladoos, burpees glinting with foil and hundreds and thousands, or the syrupy redness of our gulab jamuns, which we South Africans affectionately

Cutlery courtesy of Nicolson Russell. See stockists' directory on page 122 for details.



call 'jumbos'. I bask in the joy I see in her eyes as she runs around squealing excitedly with her cousins, screeching and giggling at the crackling sparklers in their hands. I watch too with awe, as the night is lit up by hundreds of little lamps and lanterns that flicker and dance charmingly upon walls and driveways.

For weeks before the event, we call friends and family, sharing or debating recipes and counting off the goodies we'll be making. With the baking goods and clothes shopping done a week before, the days running up to Diwali are about late nights of baking and taste-testing. The air in the house hangs thickly with the rich smell of boiled or condensed milk, ghee and cardamom. The day itself starts with a ritual bath with sacred oils and prayer. Then family and friends arrive and the eating begins. Samosas, pies and, my favourite, puri patha (a puffy, deep-fried flatbread that sandwiches a sour and tart vegetarian patty made out of rolled, spiced madumbi leaves, which

is then sliced, fried and drizzled with lemon juice), are all consumed in large quantities. An important part of the festivities is about sharing. We choose the sweets and savouries that turned out the best, pack them into boxes specially made for the day and hand them out to friends and family.

Light is synonymous with Diwali. Symbolically, it's about our journey from ignorance to knowledge or awareness. Some traditions, like ours, base our celebrations on the story of Prince Rama and his wife, Sita, returning home from years and years of banishment. The people of Ayodhya, joyous that their Prince was returning, lit up the way for them with rows and rows of lights to help lead them away from the darkness of the forest. In this tale, we celebrate that good conquers evil.

For me, Diwali is about the light of having family over, inviting spirit into your home and celebrating good food and abundance – these themes truly set the day and night ablaze with joy and love.



Coconut kulfi-style granita

Traditionally served sliced or as lollies, we loved turning this milky frozen sweet into a granita, and the coconut milk adds the perfect fresh update
Serves 6 **EASY** 50 mins + 4 hrs, to freeze

THE FLAVOUR COMBINATIONS

2 x 400ml tins coconut milk
130g sugar
15ml (1 tbsp) cornflour
10ml (2 tsp) boiling water
pinch salt
5ml (1 tsp) vanilla essence

2 drops orange essence/5ml (1 tsp)
orange flower water

pansies/any edible flowers,
to garnish
ClemenGold slices, to garnish
(optional)
spun sugar, to garnish (optional)

HOW TO DO IT

1 In a medium saucepan over medium heat, bring the coconut milk and sugar

to a simmer. Slake the cornflour in the boiling water and add to the hot coconut milk. Bring the mixture to a boil, then remove from heat.

2 Stir the salt, vanilla essence and orange essence or flower water into the coconut mixture and allow to cool, 30 minutes.

3 Pour the mixture into a freezer-proof container and place in the freezer until frozen, 4 hours.

4 To serve, scrape the frozen mixture with a fork to form granita. Spoon into glasses and serve garnished with edible flowers, ClemenGold slices and spun sugar, if desired.





Fig and coconut fruit laddoo with golden almonds

These little morsels are perfect for the health-conscious – free from refined sugar and full of fruity goodness

Serves 8 – 10 **EASY** 30 mins + 2 hrs, to set

THE FLAVOUR COMBINATIONS

220g soft-eating Turkish figs, finely chopped

200g dates, finely chopped

100g almonds, roasted

40g sultanas

40g desiccated coconut

pinch salt

5ml (1 tsp) vanilla essence

edible gold leaf

HOW TO DO IT

1 Grease and line a flat 26cm x 20cm container.

2 Soak the figs and dates in boiling water to soften, 10 minutes. Drain and discard the water before blending the dried fruit to an almost-smooth paste. Set aside.

3 Roughly chop 60g of the almonds and combine with the blended dried fruit, along with the sultanas, 20g of the desiccated coconut, salt and vanilla essence. Press the fruit mixture into the prepared container and refrigerate to set, 2 hours.

4 Once the mixture has set, use cookie cutters to press out shapes. Dust with the remaining desiccated coconut.

5 To make the golden almonds, brush the remaining almonds in a little water and press the edible gold leaf onto the almonds.

6 Serve the fruit laddoo sprinkled with the golden almonds.





Kesar peda with toasted pine nuts and salt flakes

These slightly spiced chewy milk sweets are perfectly complemented by toasted pine nuts and a delicate sprinkling of sea salt

Makes about 20 small pieces

EASY 20 mins + 1 hr, to dry + 3 hrs, to set

THE FLAVOUR COMBINATIONS

125g powdered milk

50g tinned dessert cream

30ml (2 tbsp) milk

pinch saffron strands

60g sugar

pinch ground green cardamom

10g butter/ghee (clarified butter), to grease

50g pine nuts, toasted

sea salt flakes, to sprinkle

pansies/any edible flowers, brushed with edible gold dust, to garnish
edible gold dust, to sprinkle

HOW TO DO IT

1 In a large bowl, combine the powdered milk and dessert cream and rub the mixture until fine crumbs form. Place the crumbly mixture on a flat tray and allow to dry out, 1 hour, tossing occasionally.

2 Place the milk in a small bowl with the saffron and heat in the microwave, 30 seconds. Stir to crush the saffron.

3 Place the dried milk mixture in a medium pan with the sugar, saffron-milk and cardamom. Stir continuously over medium heat until the mixture forms a thick paste, 5 minutes. Remove from heat and continue stirring, 5 minutes.

4 When the mixture is cool enough to handle, grease your hands with the butter or ghee. Roll the dough into small balls, 2cm in diameter, and indent the centre with your finger. Press a few toasted pine nuts into the indent and place on a tray lined with greaseproof paper. Top the sweets with the tiniest sprinkle of sea salt and refrigerate, 3 hours.

5 Serve as a sweet garnished with edible flowers brushed with gold dust and a sprinkling of gold dust.



Pistachio and rose gulab jamuns

These little biscuit-like morsels soaked in a syrup are intensely sweet, so a few is all one needs to satisfy a sugar craving

Serves 4 **EASY** 35 mins + 1 – 2 hrs, to soak

THE FLAVOUR COMBINATIONS ROSE SYRUP

500ml (2 cups) water
300g sugar
4 green cardamom pods
juice of ½ lemon
10ml (2 tsp) rose water
pinch salt

JAMUNS

200g powdered milk
80g cake flour
pinch salt

5ml (1 tsp) bicarbonate of soda
10g butter/ghee (clarified butter), softened
60g plain yoghurt
vegetable oil, to deep-fry

fresh rose petals, to garnish
pistachios, halved, to garnish

HOW TO DO IT

1 For the rose syrup, combine the water, sugar and cardamom pods in a medium saucepan. Bring to a boil, without stirring at all, and boil until a sticky syrup forms, about 15 minutes. Stir in the lemon juice, rose water and salt and set aside.



2 For the jamuns, combine the milk powder, flour, salt and bicarbonate of soda in a medium bowl. Mix in the butter or ghee and half of the yoghurt. Mix and continue adding the yoghurt until a soft, sticky mixture forms – the dough should not be crumbly or dry.

3 Heat the vegetable oil in a deep-fryer or deep pot to 160°C. While the oil heats, form the dough into small balls, about 2cm in diameter. Fry the dough balls in small batches until golden brown, about 2 minutes on each side. Add the balls to the warm sugar syrup and allow to soak, 1 – 2 hours.

4 Serve a few jamuns in a bowl at room temperature, garnished with rose petals and pistachios.



Vanilla burfee with golden blueberries

Makes about 40 pieces **A LITTLE EFFORT** 20 mins + 1 hr, to dry

THE FLAVOUR COMBINATIONS

500g powdered milk
200g tinned dessert cream
330g sugar
250ml (1 cup) cold water
2 vanilla pods, split
pinch salt
25g butter
5ml (1 tsp) vanilla essence

blueberries, brushed with edible gold dust, to garnish
edible gold leaf, to garnish

HOW TO DO IT

1 Grease and line a 23cm-square baking tin with cling film. Spray the cling film with cooking spray.

2 In a large bowl, combine the milk powder and dessert cream and rub the mixture until fine crumbs form. Place the crumbly mixture on a flat tray and allow to dry out, 1 hour, tossing occasionally.

3 When the powdered milk mixture has dried out, blend in a food processor to a fine crumb and set aside.

4 In a small saucepan, combine the sugar, water, vanilla pods and salt. Bring to a boil over medium heat,

without stirring at all, and boil until the syrup reaches 130°C on a sugar thermometer, about 15 minutes.

Remove from heat and remove the vanilla pods. Allow to cool slightly, 1 minute, before stirring in the butter and vanilla essence.

5 Add the sugar syrup to the crumbled powdered milk mixture and mix to combine well, working quickly. Once well combined, tip the mixture into the prepared tin and press down evenly. Allow to cool a little, 5 minutes, before portioning into 3cm squares.

6 Sprinkle the squares with gold-dusted blueberries and edible gold leaf to serve.





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Local is lekker IN LONDON

A SMALL-TOWN GIRL IS MAKING IT BIG IN THE CITY... LONDON'S HIGH TIMBER IS LURING LOCALS AND SOUTH AFRICANS ALIKE FOR ITS ETHICAL, HONEST AND SEASONAL DISHES WITH 'LOCAL IS LEKKER' FLAIR

By JENNY HANDLEY Recipes by MIRCEL McSWEEN Photographs by TERRY McCORMICK

Bloemfontein-born Neleen Strauss enjoys the view of the Blackfriars Bridge, the Globe Theatre, the Tate Modern and the Shard, from the north bank of the River Thames. In summer, she savours it from the sunny south-facing terrace. Not your average view but, then, Neleen can be described as anything other than average.

Co-owner of High Timber, a fine wine-and-dine venue in partnership with

Gary and Kathy Jordan of Jordan Wine Estate, this local lass is making waves in London and is still proudly South African.

"I was born, schooled and went to university in Bloemfontein. I loved sport... and eating, so I am told. I started waitressing during my university years for pocket money. After I graduated, I moved to Joburg, got a 'real' job, but also waitressed at Roxy's Rhythm Bar in Melville. Melville – the best time of my life! I ended up running Browns of Rivonia restaurant for 10 years and started the wine cellar there, before being invited to London to open a restaurant in Farringdon, almost 15 years ago," says Neleen.

High Timber opened its doors in 2009. Neleen knew the Jordans from her Browns days, but initially resisted going into business with them, because of the old adage that one should never do business with friends. "I've been friends with Gary and Kathy for a very long time. We were in Tuscany in 2007 and, after enough Aperol, they convinced me to take them on as business partners in my new venture. I'm not sure what I've done to deserve them; they are everything anyone can ask for – in friendship and business. It also helps that they make seriously good wines!" laughs Neleen.

There is a lot that makes High Timber memorable, ensuring a large and loyal





Neleen Strauss



following of regulars. Some long-standing customers have their 'own' tables and bins in the wine cellars. Of the many corporate bankers, lawyers and accountants who stream in from offices nearby for lunch and dinner on weekdays, five per cent are South Africans. One customer has been 300 times and has his 'own' chair. Another regular has three phone numbers on speed dial, his wife's, his assistant's and Neleen's – proof that when he needs a wonderful meal, High Timber is first choice. David Cameron's former Chief of Staff has an old-fashioned steakhouse salad named after him – Alex's salad.

Chef Mircel McSween has ensured that the small menu is unpretentious yet impressive, with lashings of personality. The Jo-Burger is popular, as are the dishes flavoured with Rooibos. "We have our own biltong bar and -maker, so that we can make biltong on site to suit the local palate. The biltong made here has less coriander than in SA. We use Lake District cows for this, and have won over many 'biltong haters' with it. The menu changes often. We smoke our own salmon. Burgers are made from offcuts of rib eye, sirloin and fillet, served on brioche." Mircel's ethos to food is evident – modern, ethical and honest, seasonal with simplicity, ensuring that the ingredients do the talking.

"I buy wines from people I like," Neleen claims. Jordan takes the lead of the top SA wine estates. The wine selection is not

reflected on a wine list; instead, patrons are taken downstairs into the wine cellars to choose their wines. In the red-wine room, customers can celebrate special occasions and the signing of contracts, or simply enjoy good food and wine around the 10-seater cellar table.

Paul du Toit's 'Art on a Plate' and other indigenous South African art, purchased from the Rossouw Modern Art Gallery in Hermanus or the Stellenbosch craft market, add colourful vibrancy. Wino, the life-sized rhino outside, has been signed by Springboks and England's rugby players and wine fundis, showcasing popularity with high-profile and loyal clientele.

The night I was there, a South African PR company was enjoying home-from-home hospitality, dining on smoked salmon with Rooibos, fresh fish and premium steaks, rounded off with malva pudding. As homesick as Neleen gets for SA, especially when the sun is shining, she is in London to stay. "I love London. It's special to walk home at night. It has so much of everything. Most of my family still live in SA and I try to go back at least three times a year. I've also made a promise to myself that I will visit other countries in Southern Africa every second year."

If not home, then where to from here? "We will open over weekends. I am also keen to look for a second, smaller place that serves tapas-style food. I have an exceptional fleet of staff at High Timber; they make my life easy and fun, and I think the time is right to expand a bit."

8 High Timber Street, London, EC4V 3PA; hightimber.com

Biltong croquettes with Peppadew sauce

Making 10kg biltong a week at the restaurant leaves us with a lot of trimmings. We use them up and make croquettes using milk and flour rather than potato, which make a thick béchamel to form the base

PAIR WITH... Jordan The Real McCoy Riesling

Serves 8 – 12 **A LITTLE EFFORT**
2 hrs 30 mins

THE FLAVOUR COMBINATIONS BILTONG CROQUETTES

300g biltong trimmings, chopped into small pieces

1L (4 cups) milk

80ml (⅓ cup) double-thick cream

125g butter

215g cake flour

75g fresh breadcrumbs

25ml (5 tsp) Worcestershire sauce

200g cake flour

4 eggs, beaten

200g panko breadcrumbs
oil, to deep-fry

PEPPADEW SAUCE

1 medium onion, peeled and chopped

2 garlic cloves, peeled and chopped
oil, to fry

15ml (1 tbsp) tomato purée

1 x 500g jar Peppadews, drained

1 x 500g tin peeled red peppers

500g tomato passata

5ml (1 tsp) coriander seeds + extra, crushed, to sprinkle

15ml (1 tbsp) demerara sugar + extra, if needed

30ml (2 tbsp) white wine vinegar + extra, if needed

150g tomato sauce

50ml olive oil

dressed salad leaves, to serve

HOW TO DO IT

1 For the croquettes, add the biltong pieces, milk and cream to a saucepan and bring to a boil. Remove from heat and set aside to infuse, 30 minutes.

2 Next, make a roux with the butter and 215g cake flour in a saucepan over low heat, then allow to cook, stirring frequently, 5 minutes.

3 Strain off the infused milk (keeping the

biltong bits aside) into the roux, a little at a time, constantly stirring to avoid any lumps forming. Let the mixture cook out over low heat, about 40 minutes.

4 Place the biltong pieces in a food processor and blend until fine. Add the biltong to the béchamel along with the fresh breadcrumbs and Worcestershire sauce and allow to cook, about 10 minutes – ensure the flour is completely cooked out, resulting in a very thick béchamel. Place the mixture in a baking tray and allow to cool down completely before shaping into croquettes.

5 Roll each croquette in the 200g cake flour, then dip in the beaten eggs and coat in the panko breadcrumbs. Place in the fridge until needed.

6 For the Peppadew sauce, sweat off the onion and garlic in a little oil in a pot over low heat. Add the tomato purée and allow to cook, 1 minute. Add the remaining ingredients and cook over medium-low heat until most of the liquid has evaporated, 25 – 30 minutes. Blend the sauce until smooth and, if needed,

adjust the sweetness or acidity with a little sugar and vinegar. Pass through a sieve and set aside until needed.

7 Preheat the oven to 180°C. Preheat the oil in a deep-fryer or deep pot to 180°C. Fry the croquettes until golden brown, about 5 minutes. Drain on paper towel. After frying, warm them in the oven, 3 minutes.

8 To serve, dot the plates with some Peppadew sauce. Add some crushed coriander seeds and a few dressed salad leaves. Arrange 3 – 4 croquettes per person on each plate and serve.

Roasted beetroot with fresh mint ricotta and pumpkin seeds

PAIR WITH... Jordan The Outlier Sauvignon Blanc

Serves 4 – 6 **EASY** 1 hr 30 mins + 40 mins, to drain

THE FLAVOUR COMBINATIONS
MINT RICOTTA
850ml milk





100ml double-thick cream
3 sprigs fresh mint
5ml (1 tsp) salt
50ml lemon juice
15ml (1 tbsp) white wine vinegar

ROASTED BEETROOT

1 large candy beetroot, cut into quarters
1 large yellow beetroot, cut into quarters
1 bunch baby beetroot, cut into quarters
15ml (1 tbsp) olive oil
15ml (1 tbsp) white wine vinegar
15ml (1 tbsp) water
salt and freshly ground black pepper, to taste

TO SERVE

20ml (4 tsp) pumpkin seeds, toasted
18 thin slices pancetta, rolled individually
handful microcress
balsamic vinegar reduction/glaze
olive oil
Melba toast

HOW TO DO IT

- 1 For the mint ricotta, add the milk, cream, mint and salt to a pot and slowly bring it up to 85°C. Remove from heat, add the lemon juice and vinegar and stir slowly, 3 – 4 times, to combine. Set aside so the fat and whey can separate, 20 minutes.
- 2 Line a sieve with a double-lined muslin cloth and position a bowl underneath to collect the watery whey. Add the ricotta mixture and allow to drain fully at room temperature, 30 – 40 minutes.
- 3 For the beetroot, preheat the oven to 175°C. Trim down the stalks of the baby beetroots and give them all a wash. Wrap the three types of beetroot in foil – you should have 3 separate parcels – each with a third of the oil, vinegar and water. Season to taste and wrap to enclose. Place the bags on a flat tray and cook in the oven, 40 minutes. Once cooked, remove from oven and allow to cool slightly before peeling off the skins.
- 4 To assemble, place a tablespoonful of mint ricotta on each plate and spread thinly. Add a selection of seasoned beetroots and finish with some toasted pumpkin seeds, three rolls of pancetta, microcress, balsamic vinegar reduction, olive oil and Melba toast.

Carrot gnocchi with roasted hispi cabbage, raw carrot and smoked butter

PAIR WITH... *Jordan Chenin Blanc*

Serves 4 **A LITTLE EFFORT** 2 hrs

THE FLAVOUR COMBINATIONS

250g potatoes
200g cake flour + extra, to dust
1 egg, beaten
80g carrots, finely grated and water squeezed out
100ml olive oil + extra, to fry

SMOKED BUTTER EMULSION

70g potatoes, boiled until tender
40ml boiling water
100g unsalted butter, cubed
salt, to taste
7,5ml (1½ tsp) hickory liquid smoke (available at Woolworths)

CARROT PURÉE

300g carrots, sliced
100g unsalted butter
1L (4 cups) water
sprig fresh thyme
salt, to taste

ROASTED HISPI CABBAGE

1 hispi/baby savoy cabbage, cut into quarters
oil/butter, to fry

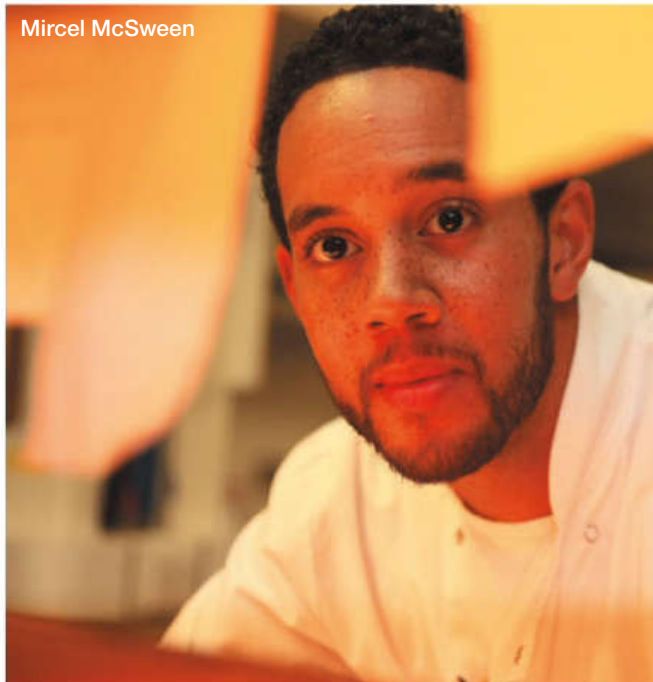
baby carrots, sliced lengthways, to garnish
microherbs, to garnish

HOW TO DO IT

1 Preheat the oven to 200°C. Place the 250g potatoes on an oven tray and bake until soft, 40 minutes – 1 hour. Once cooked, slice in half and allow to cool, 5 minutes. Scrape out the flesh and add to a bowl. Add the flour, egg and 80g carrots and mix well – the mixture should feel like firm mashed potato.
2 Bring a pot of salted water to a boil and add the olive oil. Flour a work surface and roll out some of the dough into a sausage shape of 2cm thickness. Cut the gnocchi into 2cm pieces. Once all of the dough has been used up, place the gnocchi carefully in the salted water and cook until it floats to the top, 1 minute.



Mircel McSween



Remove with a slotted spoon and refresh in ice-cold water. Place in an oiled tray for later use.

3 For the butter emulsion, add the 70g potatoes and boiling water to a blender and blitz well, scraping down the sides a few times. Empty the potato mixture into a small saucepan over low heat. Add the 100g butter, a piece at a time, and whisk until emulsified. Season with salt, add the hickory liquid smoke and pass through a fine sieve. Keep warm.

4 For the carrot purée, place all of the ingredients in a pot and bring to a boil. Reduce to a simmer and allow to cook until soft, 10 – 15 minutes. Once cooked, discard the thyme sprig and strain off the liquid. Blend the

carrots in a food processor to a smooth purée and keep warm. Preheat the oven to 200°C.

5 For the roasted cabbage, colour the cabbage on both sides in a frying pan over medium heat in a little oil and butter. Place in the preheated oven until just wilted, about 5 minutes. Remove from oven and season to taste.

6 Place a portion of gnocchi in a frying pan over medium heat with a little oil, and fry until golden on both sides. Repeat with the remaining gnocchi.

7 Decorate the plate with the smoked butter. Top with dollops of carrot purée and gnocchi. Add a cabbage quarter and finish with baby carrots and microherbs.

Double-chocolate torte

PAIR WITH... *Jordan Mellifera*

Serves 7 **CHALLENGING** 3 hrs

THE FLAVOUR COMBINATIONS

CHOCOLATE SOIL

65g ground almonds
60ml (¼ cup) cake flour
60ml (¼ cup) cocoa powder
65g castor sugar
30g unsalted butter, melted
pinch salt

CHOCOLATE BASE

125g chocolate soil
90g unsalted butter
90g digestive biscuits, finely crushed

CHOCOLATE TORTE

2 egg yolks
50g castor sugar
150ml double-thick cream
100g 70% Valrhona chocolate
(available at La Marina Foods or
Wild Peacock Products)
20ml (4 tsp) crème fraîche

CARAMEL SAUCE

200g castor sugar
50ml water
160ml double cream

CARAMEL MOUSSE

15ml (1 tbsp) crème fraîche
30ml (2 tbsp) caramel sauce
85ml fresh cream

CHOCOLATE SHARDS

100g 70% Valrhona chocolate
20g Valrhona 35% Ivoire white
chocolate

sea salt flakes, to serve

HOW TO DO IT

1 Preheat the oven to 150°C. For the soil, mix together all of the ingredients and bake in the oven until the mixture resembles a fine crumble, 15 – 20 minutes.
2 For the base, start off by sealing one end of a 9cm ring mould with a double layer of foil as tightly as possible. Repeat with all 7 moulds. Mix all of the ingredients together and portion out 30g of the mixture into each of the 7 moulds, flattening it as you go along and leaving no gaps in the base. Refrigerate to set, 40 minutes.

3 For the torte, whisk together the egg yolks and 50g castor sugar until pale and fluffy.

4 Bring the 150ml double-thick cream to a boil. Place the 100g chocolate in a bowl, pour over the hot cream and mix well. Next, fold in the egg and sugar mixture followed by the 20ml (4 tsp) crème fraîche. Spoon the chocolate mixture on top of the chocolate bases. Refrigerate to set, about 2 hours.

5 For the caramel sauce, place the 200g castor sugar and the water in a saucepan and cook until it turns a dark caramel and reaches 140°C on a sugar thermometer, 15 – 20 minutes. Remove from heat and add the 160ml double cream, moving the pan in a circular motion to combine (be careful – the mixture will start to boil). Allow the caramel to settle and cool slightly then transfer to a container or squeeze bottle.

6 For the caramel mousse, combine the 15ml (1 tbsp) crème fraîche and caramel together in a bowl. In a separate bowl whisk the 85ml cream to stiff peaks. Add the caramel mixture to the cream and fold gently to combine. Transfer to a container and refrigerate to set.

7 For the chocolate shards, place the

100g chocolate in a heatproof bowl and place over a pot of simmering water, making sure that the bowl does not touch the water. Melt the chocolate bringing it up to a temperature of 45°C.

8 Pour out half of the chocolate onto a silicone mat and, using a palette knife, start to cool the chocolate down to a temperature of 29°C. Scrape the cooled chocolate back into the melted chocolate in the bowl and mix well. Pour back onto the mat and spread out evenly to a thickness of 0,2cm. Refrigerate to cool.
9 Melt the white chocolate in a heatproof bowl set over a pot of simmering water, as above. Once melted, place the chocolate in a piping bag or use a spoon to drizzle/pipe the white chocolate over the dark chocolate and allow to set. Once set, break up the chocolate into shards.

10 Remove the foil from the rings and de-mould the chocolate tortes using a blowtorch to melt the edges slightly. Place a rocher (or one-handed quenelle) of caramel mousse on top and a sprinkling of sea salt flakes. Decorate with 3 chocolate shards. Drizzle caramel sauce onto a plate and place the chocolate torte on top to serve.



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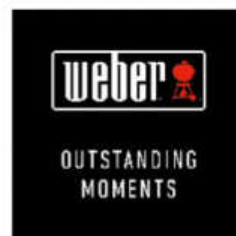
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DOWN TO A TEA

SUMMERTIME ENTERTAINING IS SORTED WITH
FIVE ROSES' RANGE OF FLAVOURED TEAS

THE FARE

Stick to finger foods that are easy to prepare and look amazing stacked onto serving platters: small sandwiches, cherry tomatoes and individual pot pies. A single, beautiful cake is all you need to finish it off – it's delicious and will also be a focal point.



THE TEA

Most importantly, think about what you'll serve with the food – it is a tea party, after all. Five Roses' range of flavoured teas is absolutely perfect for a garden setting. The Five Roses Lemon Flavour variant is light and tangy, while the Five Roses Chai Spice is aromatic, exotic and spicy. Five Roses Orange Flavour is zesty, sweet and fragrant and would work really well with that chocolate cake. Remember, nobody makes better tea than you and Five Roses.



GET CREATIVE

Take more of the same ribbon used on your napkins and tie it around the cake to bring the look together. You can also serve additional desserts in cocktail glasses to enhance your beautiful and elegant setting.

Summer is now in full swing – the best time of year to host a garden tea party. Fantastic weather, beautiful blooms, lots of dainty treats and, of course, delicious Five Roses flavoured teas. You've got it pinned already, right?

SETTING THE TABLE

Your table does not have to cost you a lot. Set the foundation with a tablecloth – white is always crisp and clean – then drape a runner over it to tie things together. Use your own summer flowers – pop individual stems in little vases and line them down the middle of the table for a striking centrepiece. Bowls of fresh fruit can also be used to great effect.





Annemarie Steenkamp
and Neil Grant

MAKING AN entrance

THE MOOD IS SMART BUT NOT PRETENTIOUS; THE LOOK IS RURAL HERITAGE WITH A FRESH, SOPHISTICATED EDGE. BUT, MOSTLY, PEOPLE ARE TALKING ABOUT OPEN DOOR RESTAURANT BECAUSE MODERN CONSTANTIA FOOD IS BACK ON THE MAP...

By KIM MAXWELL
Recipes and styling by
ANNEMARIE STEENKAMP
Photographs by
LOUIS HIEMSTRA

At Open Door, you'll probably pass a few diners wearing designer clothing on your way to the Art Deco-inspired central bar. Eavesdrop on table conversations and you may hear chatter about skiing trips or stints in European summer homes. Open Door is in a classy neighbourhood on Constantia Uitsig wine farm, where people tend to have time and old money.

The farm dates back to 1685, when the Verenigde Oostindische Compagnie (VOC) Governor of the Cape, Simon van der Stel,

was granted a tract of land. Current Uitsig owner, Pieter Erasmus, bought the farm in 2014. Open Door opened in the former Spaanschemat River Café building in May 2015. The surrounding views are still of mountains and distant vineyards. But, when it comes to the restaurant, there is a fresh direction and a modern South African food- and wine offering.

Open Door co-owner, Neil Grant, roped in executive chef, Annemarie Steenkamp, for the challenge. First, they opened hip Italian restaurant Burrata in industrial Woodstock in 2012. Then came Bocca, in central Cape Town, towards the end of 2014 – a buzzy, urban, split-level pizzeria offering innovative shared plates.

An experienced restaurateur and sommelier, Grant loves talking about wine labels and has a great

Annemarie Steenkamp



manner with customers. He cut his teeth working in overseas- and South African restaurants and wine retailers, before he joined chef David Higgs in opening Rust en Vrede's fine-dining winelands restaurant.

Annemarie, who used to work as sous chef to Margot Janse at Le Quartier Français in Franschhoek, is enjoying her new creative freedom: "There's no style of cuisine that I have to stick to at Open Door, which is a change from our other two restaurants. I can use ginger and soya sauce now, instead of sticking to only Italian ingredients like capers and anchovies."

A small café menu offers classic daytime favourites, from chicken Caesar salad using kale, to creative line-fish interpretations or popular burgers. Otherwise, the same single-page à la carte menu is on offer to lunch- and dinner customers. Aside from modifications around available ingredients, it doesn't change often.

"Some of our diners were regulars at Constantia Uitsig before and they're used to the menu there, so that's sometimes tricky to manage," Annemarie explains. "There's a reason why we do what we do: we want you to trust us and our flavour combinations."

So, to start, you could enjoy cured tuna gravlax with fresh notes of lemony avocado purée, with a hit of salty, crunchy warmth from a green-olive beignet, served with radish and slivers of celery salad. Or, have fun with the clever vegetarian roasted pumpkin. It arrives with a delightful curried fritter squiggle, which you dip into a pumpkin purée, a spiced seed crumble and a buttermilk-labne blob with crispy ginger strips.

Tasteful decor incorporates wooden tables and midnight-blue upholstery. Once a schoolhouse, before it traded as Spaanschemat River Café, the redesigned restaurant has time-worn touches in repurposed beams decorating alcoves. Original brass handles and hooks now form decorative detail on a charcoal-toned wall. Tall sash windows show off stately trees, and a long kitchen table can be booked for a lively group keen to eat adjacent to the open-plan kitchen. "When we're



busy and all shouting, I always feel sorry for those sitting at our 'kitchen table', but they seem to love it," Annemarie chuckles.

"I don't have to focus on a particular cuisine now. Instead, I'm focusing on balancing dishes: using pickles or lemon juice for the acidity," she continues. "With our venison, we do pickled cucumber balls to break through the richness of the lentils, sweet potato and rich, meaty cranberry jus." The balls are an unexpected burst of freshness.

Annemarie's subtle stamp is also evident in an inspired open lasagne, served with a tumble of exotic mushrooms. A Tokai-forest local forages pine rings and ceps, and delivers a basket once a week. "Our waiters have to tell diners it's not a traditional lasagne," she explains. The pasta sheets sit on a pool of silky, creamy vichyssoise soup; the mushrooms topped with a crunchy Parmesan crisp. "Two nights ago, one of our guests said it was the smartest lasagne he'd tried," she smiles.

Neil's wine list is visible inside a temperature-controlled display that has capacity for 1 000 bottles. Most labels are South African and he delights in including smaller, independent producers such as JH Meyer's Ivory White from the Swartland. "I believe a wine list is a living thing that should keep on changing," says Neil. "If somebody wants more of a wine experience, please mention it and we'll help you find one."

Open Door has rolled out a pairing menu where diners book the chef's kitchen table and enjoy a surprise menu. "It's about Neil pairing a tuna starter with a gin martini, because we use gin to cure that tuna," says Annemarie. "It's a food-and-beverage pairing, not only wine," adds Neil. "So, it could be four courses paired with beer or sake too."

The separate outdoor deck is a recent addition. You can breakfast on a boiled duck egg with soldiers, or a home-made coconut and seed granola with dried fruit and beetroot yoghurt. Its nature-inclined setting means you will probably want to stick around for tea with pastry chef, Christine de Villiers' granadilla cheesecake.

"It's going well," says Annemarie, surveying her new induction kitchen.

"Open Door has given me a challenge but, I must say, it's a lot of fun."

Open Monday – Saturday (breakfast, lunch and dinner) and on Sunday (breakfast and lunch). Open Door, Constantia Uitsig, Spaanschemat River Road, Constantia; 021-794-3010; opendoorrestaurant.co.za

Roasted pumpkin with curried fritters, seed crumble, buttermilk labne and ginger

Serves 6 **A LITTLE EFFORT** 4 hrs + overnight, to drip

THE FLAVOUR COMBINATIONS BUTTERMILK LABNE

500ml (2 cups) buttermilk
30g fresh ginger, grated
pinch salt

1 medium (about 5kg) pumpkin, halved, skinned, seeded, quartered and halved again through the length

ROASTED PUMPKIN

50g unsalted butter
2,5ml (½ tsp) smoked paprika
50ml water
2,5ml (½ tsp) fine salt

PUMPKIN PURÉE

100g unsalted butter, cubed
15ml (1 tbbsp) honey
2,5ml (½ tsp) salt
500ml (2 cups) water

PUMPKIN-FRITTER BATTER

1 egg
250g pumpkin purée
pinch salt
5ml (1 tsp) medium curry powder
400g self-raising flour

MIXED-SEED CRUMBLE

25ml (5 tsp) canola oil
50g pumpkin seeds
40g sunflower seeds
25ml (5 tsp) white sesame seeds
25ml (5 tsp) linseeds
25ml (5 tsp) poppy seeds
10ml (2 tsp) salt

FRIED GINGER

1 large piece (about 7cm) fresh

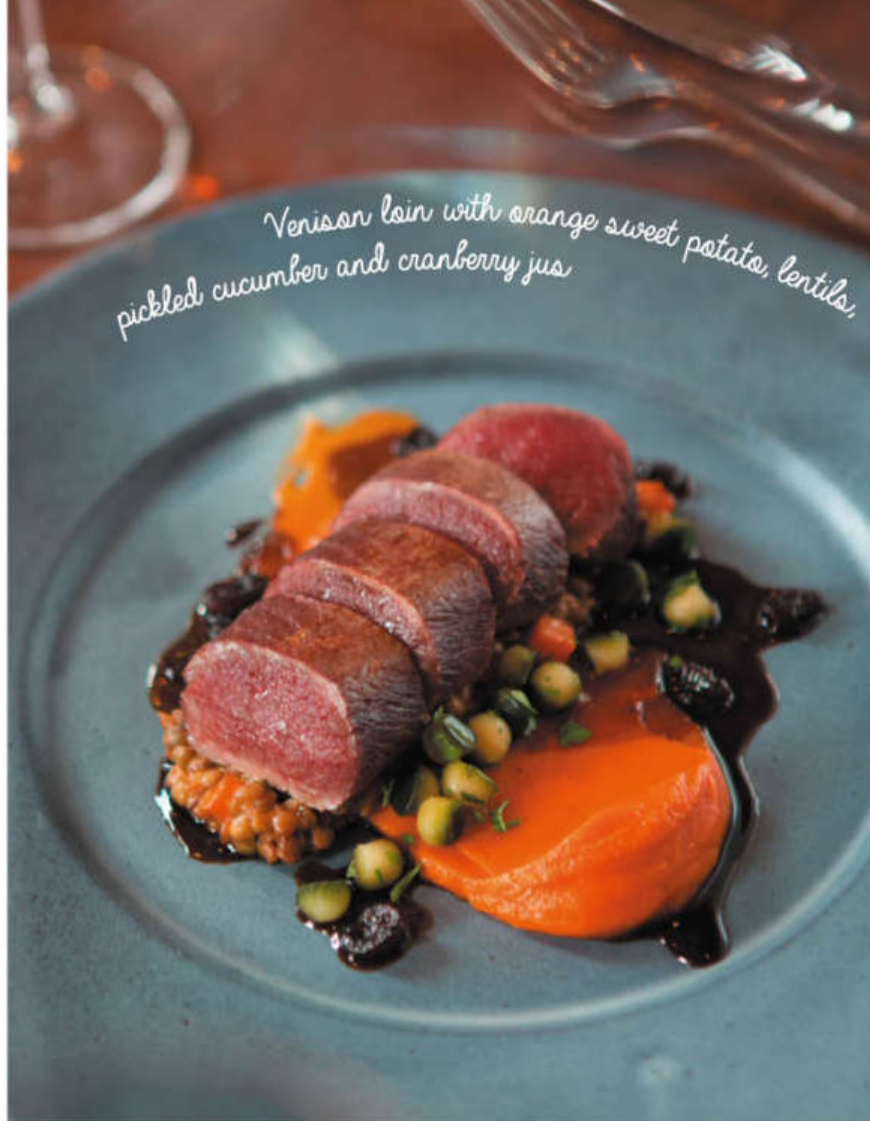
ginger, peeled and thinly sliced
10ml (2 tsp) icing sugar
oil, to deep-fry

small handful chives, finely chopped, to garnish

HOW TO DO IT

- 1 Prepare the buttermilk labne a day in advance. Place the buttermilk in a muslin cloth that's tied around a plastic container – this will catch the whey that drips through. Leave to hang overnight.
- 2 The next day, remove the muslin and place the thick buttermilk in a bowl. Add the 30g grated ginger and salt and mix well. Refrigerate for later use.
- 3 For the roasted pumpkin, preheat the oven to 180°C. Slice a quarter of the whole pumpkin into wedges.
- 4 In a saucepan over medium heat, melt the 50g butter, add the pumpkin wedges and dust with the smoked paprika. Brown the pumpkin wedges before transferring to a baking tray. Add the 50ml water and season with the 2,5ml (½ tsp) salt. Cover with foil and bake in the oven, 15 minutes. Remove the foil and set aside to cool.





Venison loin with orange sweet potato, lentils, pickled cucumber and cranberry jus



a batter. Cover with cling film and refrigerate, at least 30 minutes.

9 For the mixed-seed crumble, heat the oil in a medium frying pan over medium heat. Add the pumpkin seeds. When slightly browned, add the sunflower seeds. Repeat with the sesame and linseeds. Lastly, add the poppy seeds and 10ml (2 tsp) salt. Place the seeds in a food processor and pulse lightly until broken into smaller pieces.

10 For the fried ginger, place the ginger in a bowl and mix in the icing sugar. Refrigerate until ready to use.

11 Heat the oil in a deep-fryer or deep pot to 150°C. Preheat the oven to 180°C.

12 Place the ginger slices on paper towel and allow to dry – squeeze out any excess moisture. Place in the hot oil and fry until golden and crispy. Remove with a slotted spoon and drain on paper towel.

13 Place the pumpkin wedges in the preheated oven and reheat, 6 minutes.

14 Place the pumpkin-fritter batter in a piping bag with a small nozzle. Squeeze long, curly pieces of batter into the deep-fryer or deep pot and fry until golden, 5 minutes. Remove with a slotted spoon and drain on paper towel.



5 For the pumpkin purée, cut one half of the remaining pumpkin pieces into small cubes.

6 Melt the 100g butter in a large pot over high heat. Add the cubed pumpkin and cook slowly until browned, about 15 minutes. Add the honey, 2,5ml (½ tsp) salt and 500ml (2 cups) water, cover with a lid and reduce the heat to its lowest setting. Cook, stirring occasionally, 25 minutes. Remove the lid and cook for a further 10 minutes. Transfer to a food processor and blend until smooth. Pass through a fine sieve. Reserve 250g of the purée for the pumpkin-fritter batter and use the remainder for plating.

7 For the pumpkin-fritter batter, add the egg and 250g pumpkin purée to a bowl and lightly whisk together until incorporated.

8 In a bowl, combine the dry ingredients. Slowly add the egg and pumpkin mixture to the dry ingredients to form

15 To assemble, pipe some of the remaining pumpkin purée in a spiral on a plate. Sprinkle over some seed crumble and place a pumpkin wedge in the centre. Add a small side of labne and garnish with crispy ginger. Top the wedges with 3 fritters and garnish the labne with chopped chives. Repeat for the remaining servings.

Venison loin with orange sweet potato, lentils, pickled cucumber and cranberry jus

Serves 6 **A LITTLE EFFORT** 4 hrs + overnight, to pickle

THE FLAVOUR COMBINATIONS PICKLED CUCUMBER

75ml sherry vinegar
75ml water
20g coarse salt
2 black peppercorns
2,5ml (½ tsp) fennel seeds, lightly toasted
10ml (2 tsp) sugar
1 large cucumber, peeled

CRANBERRY JUS

1 carrot, chopped
2 onions, peeled and quartered
1 celery stick, sliced
2 garlic cloves, peeled and chopped
100ml oil
50g unsalted butter
200g lamb/beef stewing meat, cubed
pinch salt
150ml red wine vinegar
250ml (1 cup) red wine
sprig fresh rosemary
3L (12 cups) beef stock
100g dried cranberries

ORANGE SWEET POTATO

200g coarse salt
5 medium orange sweet potatoes

LENTILS

100g lentils
40g unsalted butter + extra, to taste
1 brown onion, peeled and finely diced
100g orange sweet potato, peeled and cut into small cubes
80ml (⅓ cup) sherry vinegar
salt, to taste

SPRINGBOK LOIN

50ml oil

50g butter

1kg springbok loin, trimmed and cut into about 170g portions per person

HOW TO DO IT

- 1 For the pickled cucumber, add the 75ml sherry vinegar, water, 20g coarse salt, peppercorns, fennel seeds and sugar to a medium pot over high heat and cook until the sugar and salt have dissolved, about 5 minutes. Remove from heat and allow to cool completely.
- 2 Using a Parisian scoop or melon baller, scoop out little balls of the cucumber and drop them into the cooled pickling liquid. Refrigerate to pickle overnight.
- 3 For the cranberry jus, mix together the carrot, quartered onions, celery and garlic.
- 4 Heat the 100ml oil and 50g butter in large pot over high heat. Add the meat and let it brown, about 7 minutes. Add the vegetable mixture and cook until browned. Add a pinch of salt as well as the vinegar and wine and let the mixture reduce by half – about 10 minutes. Add the rosemary and stock and bring to a boil then turn down the heat and allow the stock to reduce by half, about 1 hour, before straining it through a muslin cloth back into a clean pot. Add the cranberries and cook over medium heat for 10 – 15 minutes.
- 5 For the orange sweet potato, preheat the oven to 200°C. Place the 200g coarse salt on a flat tray. Wash the sweet potatoes and, using a fork, poke some holes into the potatoes before placing on top of the salt. Bake in the oven, 45 minutes. Remove from oven and allow to cool. Remove any salt that might be stuck to the sweet potatoes, then transfer them to a chopping board. Cut the potatoes open and scrape out the flesh into a bowl. Transfer to a food processor and blend until smooth.
- 6 For the lentils, place them in a pot, cover with cold water and cook over low heat until soft, about 15 minutes. Pour into a colander and rinse with cold water.
- 7 Melt the 40g butter in a medium frying pan over medium heat. Add the diced onion and cook until just starting to brown. Add the sweet potato cubes and

80ml (⅓ cup) sherry vinegar and cook, 5 minutes. Add the lentils, season with salt and add a bit of butter. Remove from heat.

8 For the springbok loin, preheat the oven to 230°C. Heat the 50ml oil and 50g butter in a medium frying pan over medium heat. When the butter starts to brown, place a portion of loin in the pan and sear on each side evenly. When all the portions are browned, place the meat in a baking tray and cook in the oven, 3 minutes. Remove from oven and allow to rest, 3 minutes, before returning to the oven for a further 2 minutes. Remove from oven and carve to serve.

9 To assemble, drizzle some cranberry jus onto each plate and spread some sweet potato purée on top. Spoon some lentil mixture over the purée, top with a sliced portion of loin and sprinkle with pickled cucumber balls to serve.

Baked cheesecake with lemongrass foam, coconut soil and sour cream



Serves 6 **EASY** 2 hrs + overnight, to set

THE FLAVOUR COMBINATIONS BAKED CHEESECAKE

100g goat's cheese
150g cream cheese
100g castor sugar
15ml (1 tbsp) cornflour
2 eggs
5ml (1 tsp) lemon juice
pinch salt
50ml fresh cream

SOUR-CREAM SAUCE

80ml (⅓ cup) sour cream
25ml (5 tsp) icing sugar
pinch salt
5ml (1 tsp) lemon juice
10ml (2 tsp) milk

COCONUT SOIL

130g castor sugar
100g unsalted butter
200g cake flour
2,5ml (½ tsp) salt
2,5ml (½ tsp) baking powder
25g desiccated coconut
1 egg
75ml milk

LEMONGRASS FOAM

200g water
5 stalks lemongrass
2 leaves (4g) gelatine
5ml (1 tsp) lemon juice
50g castor sugar
2 egg whites

lemon zest, to garnish

HOW TO DO IT

- 1** Preheat the oven to 150°C. Line a 25cm x 15cm baking dish with baking paper and spray with cooking spray.
- 2** For the baked cheesecake, mix the goat's cheese and cream cheese together and set aside at room temperature, 15 minutes.
- 3** Place the cream cheese mixture in the bowl of a free-standing mixture with a paddle beater. Add the 100g castor sugar and the cornflour and mix on a low speed until smooth. Slowly add the 2 eggs, 5ml (1 tsp) lemon juice, salt and, lastly, the fresh cream and mix through. Pour the mixture into the prepared baking tray and bake in a water bath in the oven, 1 hour 15 minutes. Remove from oven, allow to cool and refrigerate overnight until ready to serve. Before serving, remove from baking dish and cut into your desired shape.
- 4** For the sour-cream sauce, mix all of the ingredients together and blitz with a hand blender. Refrigerate for later use.
- 5** For the coconut soil, mix the 130g castor sugar and the butter together in the bowl of a free-standing mixture using the paddle-beater attachment on low speed.
- 6** Mix all of the dry ingredients together.
- 7** In a separate bowl or jug, combine the egg and 75ml milk. Slowly, alternating,

add the dry ingredients and egg mixture to the butter mixture, with the motor running, until it forms a dough. Remove from bowl and form a ball. Wrap in cling film and refrigerate to rest, 30 minutes. Preheat the oven to 160°C.

8 Roll the dough out to 0,5cm thickness and transfer to a lined baking sheet. Bake in the oven until golden brown, 25 minutes. Remove from oven and allow to cool before breaking up the biscuit into smaller pieces. Place the pieces in a resealable bag and roll over with a rolling pin until it forms sand-like crumbs.

9 For the lemongrass foam, add the water and lemongrass to a small pot and lightly bruise the lemongrass. Bring the mixture to a boil, 1 minute, then remove from heat, put the lid on and set aside to infuse, 30 minutes. Strain through a fine sieve.

10 Hydrate the gelatine leaves in ice water, 2 minutes.

11 Pour the lemongrass infusion back into

a clean pot, add the lemon juice and bring to a boil. Remove from heat. Remove the sponged gelatine leaves from the water and squeeze out excess moisture. Stir the leaves into the lemongrass infusion and allow to cool slightly.

12 Place a bowl over a bowl filled with ice water. Pour in the lemongrass infusion and the egg whites and whisk over the ice bath until light and airy. This needs to be done 20 minutes before serving, otherwise the mixture will become too firm if left in the fridge for too long. Pour the fluffy mixture into a piping bag and refrigerate until ready to use.

13 Roll the portioned cheesecakes in the coconut soil. Spoon some sour-cream sauce onto each plate. Sprinkle over some extra soil then place the cheesecake portions on top of the soil. Pipe some of the lemongrass foam next to the cheesecake and serve garnished with lemon zest.





FOOD&HOME
ENTERTAINING

A MEMBER OF JOBURG'S LITTLE COOKS CLUB CULINARY CENTRE FOR THE PAST THREE YEARS, 16-YEAR-OLD COURTNEY LE ROUX IS A LOVER OF ALL THINGS PÂTISSERIE. HERE, SHE SHOWS US HOW TO MAKE A DECADENT CHOCOLATE-MOUSSE CAKE WITH SUMMER BERRIES...

By TARYN DAS NEVES
Recipe and styling by
CLAIRE FERRANDI
Photographs by ROELENE PRINSLOO

This is the reason why Courtney has already been researching which South African culinary school she would like to attend on finishing high school next year. With five certificates from the Little Cooks Club, Courtney is well on her way to establishing her culinary repertoire. Her burgeoning love for baking, especially, began when little: "I would help my gran make Christmas biscuits every year... These moments would just feel right, like everything was in place."

Fast-track to her teenage self, and Courtney has progressed from biscuits to becoming an expert fondant worker and cake baker – one which her community and mom, Carol's, work colleagues are only too happy about; even those Banting!

"I'd love to own a pâtisserie in Paris one day," Courtney muses, as she folds together silky, melted chocolate and whipped cream. "On the savoury side, I make an excellent pizza dough and we often have pizzas at home. I could eat my mince and Peppadew pizza every day, followed, of course, by either my cheesecake, milk tart or lemon meringue pie."

Currently in grade 11 at Edenglen High School, Courtney loves maths and accounting and, while her brain might be geared towards all things numerical, her heart lies in cooking.



Chocolate-mousse cake with berries

Serves 8 – 10 **A LITTLE EFFORT**

1 hr + 1 hr, to cool + 4 hrs or overnight, to set

THE FLAVOUR COMBINATIONS CHOCOLATE CAKE

25g cocoa powder, sifted
5ml (1 tsp) coffee granules
60ml (¼ cup) boiling water
2 large eggs
100g castor sugar
5ml (1 tsp) vanilla essence
100ml canola oil
100g self-raising flour, sifted
pinch salt

CHOCOLATE MOUSSE

300g dark chocolate, chopped
450ml fresh cream

fresh berries, to decorate
icing sugar, to dust

HOW TO DO IT

1 Preheat the oven to 160°C. Grease and line both the sides and base of a 21cm loose-bottomed cake tin. Place the cocoa powder in a medium bowl. In a separate small bowl, combine the coffee and boiling water. Add the coffee mixture to the cocoa powder and mix to a smooth paste.

2 Using a hand-held- or free-standing mixer, beat the eggs, sugar, vanilla and oil together until pale, 4 minutes. Add the flour, salt and cocoa powder and coffee paste and gently mix by hand until smooth. Pour the batter into the prepared cake tin and bake in the oven until a skewer inserted into the centre of the cake comes out clean, about 30 minutes. Remove from oven and allow the cake to cool completely, about 1 hour.





3 When the cake is cool, make the chocolate mousse. Bring a medium saucepan of water to a boil and remove from heat. Place the chopped chocolate in a medium heatproof bowl and allow to melt over the hot water. Stir continuously, taking care not to let the chocolate get too hot. Do not melt the chocolate in the microwave as it burns very quickly!

4 When the chocolate is smooth and melted, whip the cream to soft peaks. Gently fold the chocolate and cream together until no streaks remain. Pour the mousse on top of the cooled cake, while still in the tin, and refrigerate to set, 4 hours or overnight.

5 Before serving, carefully remove the cake from the tin and decorate with fresh berries and a dusting of icing sugar.





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A photograph of a street scene in Cape Town, South Africa. In the foreground, a white street sign on a pole reads "BREE ST". The background features a clear blue sky with light clouds, a prominent mountain (Table Mountain) in the distance, and several multi-story buildings along the street. A street lamp is visible on the left side of the frame.

THE

BREE ST

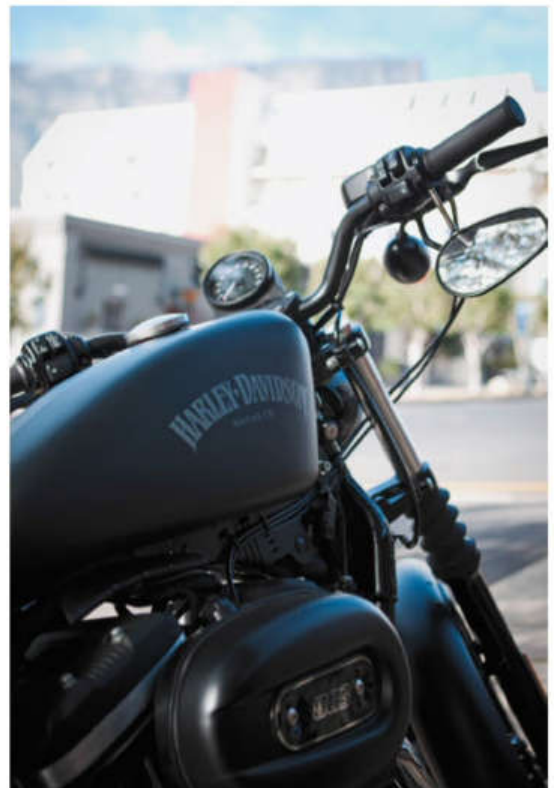
BREAT



JENNY HANDLEY EXPLORES THIS HIP, HOT AND HAPPENING PART OF THE MOTHER CITY TO MEET SOME OF THE CHEFS WHO MAKE IT COME ALIVE

Recipes and styling by MIGDALIA BELLORIN, RICHARD BOSMAN, ROBERTO CARLUZZO, LAUREN CASE, LUCA DI PASQUALE, LIAM TOMLIN and GARETH WALFORD Photographs by BRUCE TUCK

Bree Street, at the foot of Table Mountain, has earned itself a reputation of being *the* culinary road of Cape Town. Here, both local and international chefs are creating a culture of five-star food served in settings that vary from edgy and elegant to casual streetside dining. The emphasis is often on fun, and on the first Thursday of every month, restaurants and art galleries stay open late with young and old spilling out onto the street, glasses in hand, as the sun sets behind the mountain...



TRUE ITALIC



The bottom of Bree Street may be the best place to embark on a culinary journey but, if you begin at True Italic, you may never want to move on!

Here, chef Luca Di Pasquale has, in three short years, earned a reputation for serving the best aubergine Parmigiana in Cape Town. This dish has attracted 'flexitarians' who wish to eat vegetarian food in this rustic, soulful space. While the menu changes constantly, you know this dish is a certainty. Luca and his sister, Natasha,

started this authentic osteria (in Italian terms, a restaurant that serves a small menu of simple regional specialities) when the street was quiet and mainly offices. Luca works in the kitchen, but does come out to charm guests, and Natasha manages the front of house. Their mother comes from Ferrara, just 40km from Bologna in the Emilia-Romagna region, and their father from Ragusa in Sicily. Their heritage has created a blend of the best Italian flavours, which are showcased in signature dishes such as their sausage ragù. And one can taste the passion. Their desserts are to die for.

The first ingredient Luca lays his hands on when back home? Fresh fish. His culinary pet peeve with South Africans?

"They put too many ingredients into a dish. Italian food is simple – a few perfect ingredients simply combined." Luca loves Cape Town and especially exploring the plethora of good restaurants but, if he had to settle anywhere else, it would be in the south of Italy.

Capetonians have discovered his party venue downstairs, where up to 35 people can come together around one big table – like one big family – in true Italian style; but, in the words of Luca – it's "baie lekker".

15 Bree Street; 021-418-7655; trueitalic.co.za

Aubergine Parmigiana

This Sicilian dish reminds me of my mother and of family lunches. It is simple and incredibly tasty
Serves 4 **EASY** 1 hr 30 mins

THE FLAVOUR COMBINATIONS

560g aubergines, sliced into 1cm rounds

15g salt

extra virgin olive oil, to fry + extra, to grease

2 garlic cloves, peeled and chopped

2 x 400g tins Italian whole-peeled tomatoes

salt and freshly ground black pepper, to taste

sunflower oil, to fry

120g provolone forte/Grana Padano, grated

fresh parsley, to garnish

HOW TO DO IT

1 Place the aubergine rounds on a wooden board and sprinkle with the 15g salt. Set aside to rest, 30 minutes.

2 Meanwhile prepare the 'sugo' (Napolitana). Heat a little olive oil in a saucepan over medium heat. Add the garlic. Once it starts to fry slightly, add the Italian tomatoes, season with salt and pepper and thin out the sauce

COOK'S TIP

You could top your aubergine Parmigiana with scamorza or fior di latte, if desired.



with a little water – this will depend on the thickness of the sauce. You can use the tomato tin for this, in order to wash out the remaining sauce. Fill it about halfway. Cook the sugo, covered, over low heat, 30 – 40 minutes. Remove the lid and cook for a final 10 – 15 minutes. Preheat the oven to 200°C.

3 Wipe the salt off the aubergines with paper towel. Place the sunflower oil in a frying pan over medium-high heat. When hot, add the aubergine slices and fry until slightly crunchy on the edge and soft in the middle. Do not overcook. Drain on paper towel.

4 Prepare a lasagne dish by greasing with a little olive oil and a little of the

sugo. Add a layer of aubergines then top with some sugo – do not drown the aubergines. Then, add a layer of the grated cheese. Repeat these layers in order until you arrive at the top of your lasagne dish. Place in the preheated oven and cook until the cheese has melted and is golden, 30 minutes. Serve garnished with fresh parsley.

COOK'S TIP

We make our own taco sauce at Bacon on Bree, but you can improvise at home with 100ml tomato sauce to which you add 5ml (1 tsp) cumin, a pinch oregano, 30g mustard and 10ml (2 tsp) Worcestershire sauce.



BACON on BREE



Richard Bosman, charcuterie king, may bring home the bacon, but it was his wife who suggested that they eat his produce in their own restaurant, which opened in April 2015.

It's with a gentle smile that he declares that his perfect dish (and woman) embodies balance – a combination of spiciness, savouriness and sweetness, without one dominating the other.

Richard's bacon chocolate brownie, in which the bacon is caramelised first with brown sugar, is one of the most innovative dishes on his menu. While the hero of every dish on their menu is pork bacon, he is currently experimenting with lamb and beef bacon, and is not averse to considering duck bacon too. Richard's reputation lies in the quality of his bacon – he chooses livestock from three top-class suppliers who breed pigs in pastures. They are fed on natural food and live a good lifestyle. The result is that the meat is dark red with firm white fat, and easy to work with. He claims that it is of such high quality that one could almost eat it raw. While with commercial bacon production, water is added, Richard's superlative bacon loses moisture in the process, so one is buying just the real thing.

The action starts early here – many a local starts his or her day with the a breakfast bowl – a tower of bacon with avocado, rocket, mushrooms, haloumi and a poached egg; while others choose from one of the other

tempting bacon dishes on the menu. Banting has not affected the weekly bread order at Bacon on Bree as they aim to please, so offer a low-carb bun. And it is not all about the breakfast – wander downstairs and enjoy art, buy Richard's superlative bacon and spices, or even order a salad called The Rabbit. **217 Bree Street; 021-422-2798; bacononbree.com**

The Salma Hayek

What else do you call a beautiful Mexican?

Serves 4 **EASY** 15 – 20 mins

THE FLAVOUR COMBINATIONS

4 pretzel rolls/burger buns

125g cream cheese

2 spring onions, chopped

4 large lettuce leaves

1 tomato, thinly sliced

320g dry-cured bacon, grilled until crispy

1 avocado, peeled, pitted and sliced

Bacon on Bree Taco Sauce (alternatively, see Cook's tip), to drizzle

4 pickled jalapeño chillies

HOW TO DO IT

1 Cut the rolls in half and toast the tops and bottoms under a grill.

2 Spread the cream cheese onto the bottom halves of each roll. Sprinkle with the spring onion. Top with a lettuce leaf and 2 tomato slices. Add a portion of cooked bacon and top with some avo slices. Drizzle with taco sauce and serve with a pickled jalapeño.

ORINOCO

Venezuelan-born Migdalia Bellorin comes from the exotic island of Margarita. While Venezuelan women are renowned for their beauty (one immediately thinks of the many Miss Worlds the country has produced), she claims their worth lies in their personality and strong character. They are hard workers whose primary focus is to look after their families... “and they have to wear the pants,” she declares with a smile.

COOK'S TIP

To make your own Venezuelan guasacaca green sauce, blend together 300g fresh coriander, 300g fresh parsley, 1 small green chilli, a little salt and a dash of vinegar to taste.

The foods of Colombia, Argentina, Peru, Mexico and Venezuela, that feature on Migdalia's tapas menu, showcase the exotic exuberance of South America with fun and flavour. Of all the South American countries, she swears that Mexico produces the best food. Migdalia believes the way to experience a country is to taste all the food on offer and, at Orinoco, there is even a Japanese influence in the food – like the fish tacos, which boast a combination of Mexican chilli and teriyaki sauce. Playful and passionate, this qualified chef studied in Mexico for two years (where she ate fried crickets and ant eggs), but claims that her best skills were learnt in the kitchen from her family, especially her grandmother.

After spending seven years in South Africa, Migdalia opened this restaurant three years ago using beautiful things from her home. She keeps it simple, serving food of an international quality. “This is my job and my passion... it belongs to me.” Not only does she look like a Miss World, Migdalia moves like a dancer and cooks like a dream. During the day, her clientele may sport the odd suit and tie but, by night, there is a more relaxed ambience, especially on Tuesday, when people pile in for half-price tapas packed with double the flavour.

17 Bree Street; 021-418-4544;
orinocoflavours.co.za

Peruvian style lemon-cured raw fish with chilli, onion and coriander

Ceviche is a popular dish in Latin America, especially Peru and Chile. It can be made with a variety of fish and seafood but, whatever is used, must be firm-fleshed. The principle of all ceviches is that the raw fish is cured in lime or lemon juice and not cooked. The Orinoco recipe is spicy and aromatic and works well as either a starter or tapas serving

Serves 4 **EASY** 20 mins (depending on preferred curing time)

THE FLAVOUR COMBINATIONS

320g – 350g very fresh sustainable white fish fillets (like hake), thinly sliced





RESTAURANT ROUND-UP

1 red onion, peeled and finely chopped
1 aji (green or red chilli), to taste
250ml (1 cup) lime juice (sufficient just to cover the fish)
salt, to taste
handful fresh coriander, chopped
15ml (1 tbsp) Venezuelan guasacaca green sauce (available at Orinoco; see Cook's tip to prepare your own)
15ml (1 tbsp) guacamole

deep-fried sweet potato chips, to garnish
microherbs, to garnish

HOW TO DO IT

1 Place the raw fish, onion and aji in enough lime juice just to cover and set aside to marinate 5 – 10 minutes. A little longer will cure the fish to a firmer texture if desired.

2 Pour off excess lime juice and place the mixture elegantly on a serving plate. Season to taste, sprinkle with coriander and drizzle over some guasacaca. Garnish with a dollop of guacamole with sweet potato chips and decorate with microherbs.



A man and a woman are posing on a black Vespa scooter. The man, wearing a bright blue V-neck sweater and dark sunglasses, is seated on the scooter. The woman, with long brown hair and a black top, is leaning over his shoulder, smiling. The background is a bright, sunny outdoor area with trees and a building. A yellow banner at the top of the page contains the word 'PALMA' in a white, hand-drawn, sketchy font.

PALMA

Roberto Carluzzo offers a small slice of the Italian Riviera at the top of Bree Street. More formal in feel than most of his neighbours, the understated entrance belies what lies behind the door.

Roberto came to Cape Town, fell in love with the city and, in 2014, opened Palma. The restaurant is named after his mother, who, in spite of not speaking English, took a break from running her restaurant in Santa Margherita Ligure, to come and train the cooks before the restaurant opened. Roberto's sister, Federica, works in the elegant restaurant where they serve bona-fide Ligurian food made from family recipes. Together, they came to learn the language and show their family that they could do this on their own, proving their independence. Roberto believes that to work at the foot of Table Mountain and live near the sea is heaven.

"I know what food I love and to see other people loving it too; making them happy makes me happy." What does Roberto miss about Portofino? "I really miss my family – family is everything – my Vespa and granita. Granita is the first thing I ordered when I returned home this year." His cuisine is traditional Italian laced with innovation – proof that when Marco Polo imported spices like curry, cumin and saffron, it was the Italians who used them to their full advantage. The menu is small and guests are encouraged to eat Italian style – an appetiser, a pasta, main meal and dessert. Being new to town, but with already improved vocabulary, Roberto hopes that, through the restaurant and good food, he will make friends to fill the gap that absent family leaves.

213 Bree Street; 082 294 7015



Butternut-filled panzerotti with prawns, baby marrows and a mild curry sauce

Serves 4 **A LITTLE EFFORT**

1 hr 30 mins + 15 mins – 2 hrs, to rest

THE FLAVOUR COMBINATIONS

FRESH PASTA

300g cake flour + extra, if needed

3 large eggs

water, to moisten

BUTTERNUT FILLING

500g butternut, peeled, seeded and sliced into 2cm-thick chunks

60g unsalted butter

15ml (1 tbsp) brown sugar

salt and freshly ground black pepper, to taste

pinch nutmeg, grated

cake flour, to dust

CURRY SAUCE

30ml (2 tbsp) olive oil + extra, to boil

10ml (2 tsp) garlic, peeled and chopped

20 prawns, cleaned, peeled and deveined

4 baby marrows, julienned

200ml dry white wine

750ml (3 cups) fresh cream

20ml (4 tsp) mild curry powder

15ml (1 tbsp) salt, to boil

grated Parmesan, to serve

fresh basil, to garnish

HOW TO DO IT

1 For the pasta dough, pulse the flour in a food processor to aerate and break up clumps, so that it will evenly absorb the eggs. Add the 3 eggs and process until a rough dough forms, about 30 seconds. If the dough resembles small pebbles, it is too dry. Add water, 2,5ml (½ tsp) at a time, and process until the dough forms a rough ball. If the dough sticks to the sides of the work bowl,

it is too wet. Add flour, 15ml (1 tbsp) at a time, and process until the dough forms a rough ball. Turn the dough and small bits out onto a dry work surface and knead, by hand, until smooth, elastic and homogenous, 1 – 2 minutes. Cover with cling film and set aside for at least 15 minutes, but preferably up to 2 hours, to allow the gluten to relax so that the dough rolls out easily.

2 For the filling, boil the butternut until tender and easily pierced with a fork, about 30 minutes.

3 Place the butternut and the remaining filling ingredients in a food processor and blend until a smooth consistency is reached.

4 For the sauce, fill a 30cm frying pan with the olive oil, add the garlic and fry over rapid heat, 2 minutes. Add the prawns and baby marrows and toss continuously for 30 seconds. Add the white wine, reduce the heat to a lower intensity and stir gently so as not to break the prawns. Add the cream and curry powder and bring to a gentle boil. The sauce will reach a thicker consistency. This should take about 5 minutes.

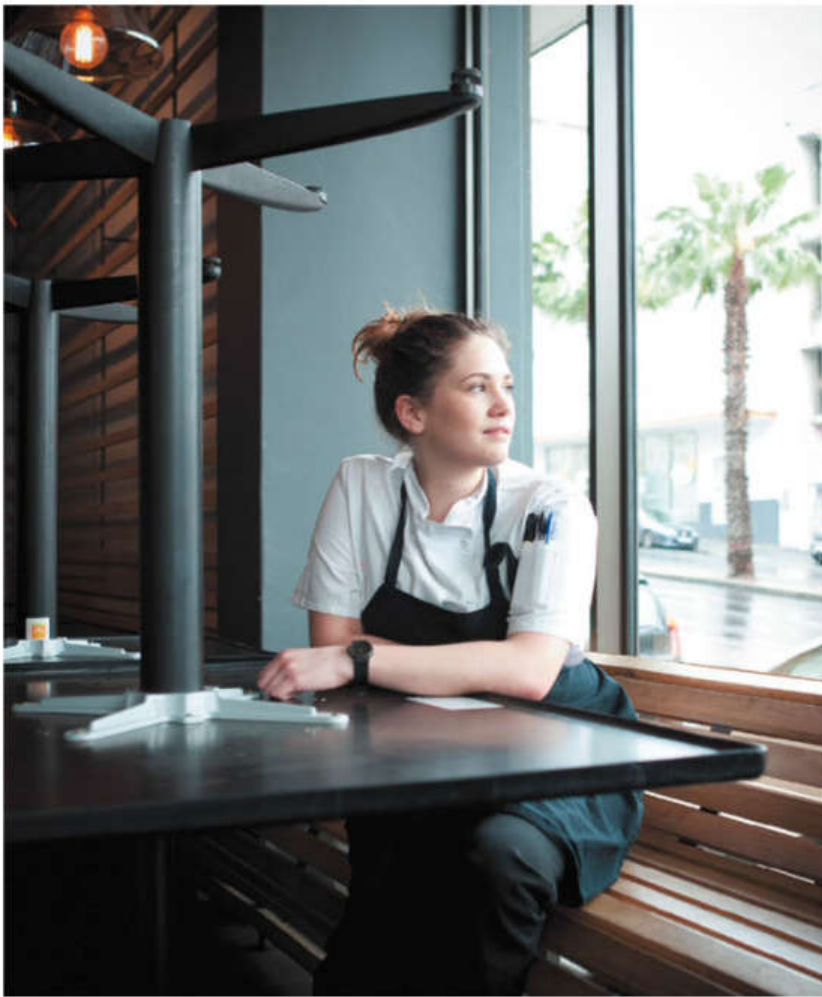
5 For the panzerotti parcels, roll the pasta dough either by hand or using a pasta machine, starting at the thickest setting and working to the thinnest setting. The pasta should be thin enough so that you can see the outline of your hand through it. Use an 8cm-diameter cutter to cut out rounds. Place a generous teaspoon of filling in the centre of each round. Fold the dough over into a half-moon shape and press the edges together securely.

6 Fill a large pot with water to three quarters full and bring to a boil. Add the 15ml (1 tbsp) salt and a dash of olive oil. Drop in half of the panzerotti parcels and allow to cook until the parcels are tender, 2 minutes. Use a slotted spoon to transfer the cooked parcels to your individual plates or a serving platter. Repeat with the remaining parcels.

7 Spoon the sauce over the panzerotti and serve topped with grated Parmesan and garnished with basil.



BOCCA



Local lass, Lauren Case, fuelled by cherished memories of childhood baking and cooking with her mom and grandmother, stopped studying for a BComm and enrolled at the South African Chefs Academy in 2011.

In 2013, along with a fellow student, she won the One&Only Reaching for Young Stars award. Hard work and sacrifice paid off and she is now head chef at Bocca, having honed most of her talent under the wings of chef Peter Tempelhoff, at the Greenhouse and Mondial.

Lauren's favourite ingredient is butter and, for ethical reasons, she refuses to work with foie gras. Her inspiration comes mainly from Mediterranean countries Italy, Greece and Spain, and she plans to explore, drink wine and eat as much as possible in Italy next year. "I love how I am allowed to express my creativity and explore new ideas. I love that I don't have to sit at a desk all day – the high-paced energy and pressure

of the kitchen is a feeling that is hard to express. There is also no better reward than when you share your food with people and they walk away smiling. I love our food at Bocca – it is so warm and comforting and that's why it's always tricky to choose a favourite. The spaghetti carbonara is one of my best – I haven't tasted another one like it, and our home-made spaghetti makes all the difference!

"I love working in Cape Town; it's forever changing. There is such a strong food culture here, and people are willing to experience new things; well, most of them." Bocca hits the spot when it comes to sharing Italian-inspired informal food, or a pizza cooked in their hand-built pizza oven from Naples.

The Block, corner Bree and Wale streets; 021-422-0188; bocca.co.za

West Coast mussels with tomato broth

Serves 4 **EASY** 40 mins

THE FLAVOUR COMBINATIONS

1 onion, peeled and finely chopped
1 leek, finely chopped

3 garlic cloves, peeled and finely chopped
1 fennel bulb, thinly sliced
olive oil, to fry
250ml white wine
50ml red wine vinegar
20ml (4 tsp) Pernod
2 x 400g tins good-quality whole-peeled tomatoes
200ml fish stock
½ vanilla pod
1kg live West Coast mussels, cleaned and beards removed
100g butter, cubed
100ml fresh cream
juice of ½ lemon

handful fresh dill, to garnish
fresh warm bread, to serve

HOW TO DO IT

- 1** In a large pot over medium heat, sauté the onion, leek, garlic and fennel in a little olive oil until softened, without colour, about 10 minutes.
- 2** Deglaze the pot with 150ml of the white wine, the red wine vinegar and Pernod. Increase the heat to high and allow the liquid to reduce by half. This should take about 5 minutes. Add the tomatoes, fish stock and vanilla pod and bring to a boil. Once boiling, reduce the heat to low and simmer, 20 minutes.
- 3** If any mussels are open, tap them lightly on a hard surface. If they don't close, discard them.
- 4** Place the remaining 100ml wine in a large pot and bring to a boil to burn off the alcohol. Add the mussels to the pot, cover with a lid and cook over medium-high heat, giving the pot a shake from time to time, 3 – 4 minutes. The mussels are cooked once they have opened. Discard any that have not opened. Drain off excess liquid and place the mussels in a large, warmed bowl to serve.
- 5** To finish the broth, add the butter, cream and lemon juice and bring to a simmer. Once the broth is heated through, pour over the mussels. Garnish with a good handful of fresh dill and serve with fresh warm bread.

Liam Tomlin has a devoted following, and fans love his laid-back warehouse and deli in Bree Street.

Here, standards of fine dining have been adhered to in an unpretentious setting. Despite shedding the affectations and rituals of fine-dining establishments, where he cut his teeth, there are some core principles of being a restaurateur that Liam will never relinquish. At Chef's Warehouse, he does everything the same, without shortcuts, but in an informal environment. "With the setting being more relaxed, everything is now on our terms and we don't have to stick to one cuisine. No need to stay open late and no reservations." Liam has worked hard to ensure that his superb food is presented to his cosmopolitan clientele with the equivalent standard of service.

While he may dislike how South Africans sweeten breads, Liam loves the way we pickle fish. Ask him about his favourite ingredients and cookbooks, and he will tell you he'd be happy if he never sees okra again, but could cook out of David Thompson's *Thai Street Food* cookbook for the rest of his life. The industrial-feel, relaxed dining area can be reached by walking through his well-stocked emporium of to-die-for kitchen equipment and recipe books, and, while sitting savouring his tapas, you can shop on a wide range of high-quality deli-style ingredients. Rub shoulders with friendly and interesting people, including chefs and foodies from all over the world, who have come in search of honest, authentic street

food. If time is not on your side, then grab a bite next door at the café, Street Food on Bree, where the menu changes daily. It may be quick, it may be casual, but Liam's food is always sublime. 92 Bree Street; 021-422-0128; chefswarehouse.co.za

Elderflower panna cotta with fresh seasonal fruit

Serves 7 **EASY** 20 mins + 4 hrs, to set

THE FLAVOUR COMBINATIONS ELDERFLOWER PANNA COTTA

3 (6g) gelatine leaves
180ml (¾ cup) full-cream milk
500ml (2 cups) fresh cream
150ml elderflower cordial

fresh seasonal fruit, to garnish

micro basil leaves, to garnish
toasted coconut flakes, to garnish

HOW TO DO IT

- 1 Soak the gelatine leaves in cold water, 5 minutes.
- 2 Scald the milk in a small pot over medium heat, then remove from heat. Squeeze out excess water from the gelatine leaves, add to the milk and stir until the gelatine has dissolved. Pour the milk into the cream, followed by the elderflower cordial, and gently mix together. Pour the panna cotta mixture into 1 large, shallow bowl or divide among 7 bowls and refrigerate to set, 4 hours. Once set, cover with cling film until ready to serve.
- 3 Garnish the panna cotta/s with fresh seasonal fruit, micro basil leaves and toasted coconut flakes to serve.





CHEF'S WARHOUSE





Gareth Walford, who hails from Joburg, can be found translating five-star foodie ideas into everyday signature dishes.

At Latitude 33, fashion, food and art combine. Gareth's business partner, Charlie Post, manages the fashion side of the business upstairs, which showcases exclusive Aussie fashion labels. The two constantly inspire one another, but know to keep their feet on their own floors – "Charlie can cook but, fortunately, I have, as yet, not had to throw him into the kitchen in the shop," says Gareth.

School mates, they came up with the concept of combining their respective passions – food and fashion – and then found this property at the top of Bree Street before the buzz, three-and-a-half years ago.

Gareth studied at the University of Johannesburg's School of Hospitality and Tourism, then notched up stints at the Hilton, Michelangelo and Saxon hotels before working behind the scenes on *MasterChef SA*. He came south in search of the sea and the chilled, laid-back coffee-shop culture in Cape Town.

"It was the food that was the main drive behind the opening of the restaurant, but we were fortunate to find a great working relationship with some amazing people from Truth. Coffee who made that section of the business as successful as it currently is." Now, he watches people run their businesses from his restaurant.

What Gareth misses most about Joburg is the fast-paced work ethic. When he opened his business, the staff had no cooking background,



LATITUDE 33

so he trained them in creating a core of dishes for regulars. He believes that all diners are looking for great food, value for money and excellent service. There is a palpable team vibe – his staff look out for one another's tables and service is seamless. "We have developed a following for our eggs Benedict, our burgers and signature sandwiches." 165 Bree Street; 021-424-9857; lat33.co.za

Signature braised pork belly open sandwich

This dish was developed as a way to produce a delicious meal for entertaining with all the work done a day or two in advance, meaning as little stress as possible at the time of serving. We serve it as a sandwich at Latitude 33, although it has been used very successfully as the main element on a dinner menu (and even more successfully as a tray of sticky and succulent pork on a Christmas table) Serves 6 **EASY** 1 hr 30 mins + 7 hrs, to slow-cook

THE FLAVOUR COMBINATIONS BRAISED PORK

1 (about 1,5kg) pork belly, bone in and skin on
100g fresh ginger, peeled and roughly chopped
6 garlic cloves, peeled and sliced
1 onion, peeled and roughly chopped
2 large carrots, peeled and roughly chopped
1 celery stick, roughly chopped
15ml (1 tbsp) Chinese five spice
1 cinnamon stick
1 star anise
4 cloves
6 black peppercorns
250ml (1 cup) Indonesian sweet soya sauce

250ml (1 cup) oyster sauce
chicken/pork stock/water, to cover (be careful of the saltiness of stock cubes if this is what you choose to use)

1kg pork bones (optional)
1 sheet scored, salted pork skin (roughly 10cm square per person)
600g mixed stir-fry vegetables
50g ginger and garlic mix, finely chopped
olive oil, to stir-fry
6 slices fresh wholewheat bread
100g rocket
2 tomatoes, sliced
20g fresh coriander

deep-fried gnocchi, to serve
garlic and herb aioli, to serve

HOW TO DO IT

1 Preheat the oven to 110°C.
2 For the braised pork, place the pork belly, flat, in an oven tray deep enough to be able to submerge the meat. Place all of the prepared vegetables, the spices and the sauces around the pork. Cover the meat completely with stock or warm water. Place a sheet of baking paper directly on top of the meat, then tightly cover the tray with foil. Place in the oven and slow-cook, 7 hours.
3 Once cooked, remove from oven, uncover and allow to cool slightly. Place the tray in the fridge and allow to cool completely in the liquid. Once cooled slightly, remove the bones (keep these aside for the reduction). This can be done a day or 2 in advance and the pork kept, covered, in the fridge.
4 On the day you are going to serve the braised pork, preheat the oven to 180°C. Thicken the sauce to give it

as full flavour as possible. Begin by roasting the extra pork bones in the oven until golden brown, about 30 minutes, depending on the moisture content. Once done, remove from oven but leave the oven on.

5 Remove the cooled pork from the liquid and place back in the fridge in a separate container.

6 Add the roasted bones to a large pot and pour the braising liquid over the bones. Place over low heat and reduce until the sauce has thickened. (If you don't have extra bones, simply place the cooking liquid in the pot and reduce until thickened.) Strain the sauce through as fine a sieve as possible.

7 Roast the scored and salted pork skin in the oven to make a crackling. This should take about 1 hour, depending on the sheet of skin. Remove from oven but leave the oven on.

8 Cut the pork into roughly 1cm slices and lay out in an oven dish. Pour the strained sauce reduction over the meat liberally (reserve the rest, to serve). Tightly seal the container with foil and place in the oven until heated through, 20 – 30 minutes.

9 While the pork is heating, stir-fry the vegetables, ginger and garlic in a little olive oil over medium heat, making sure they aren't overcooked.

10 Toast the wholewheat bread slices. Layer some rocket and slices of tomato on the toast. Spoon over some of the stir-fried vegetables. Lay some slices of hot pork on top of the vegetables. Finish with a drizzle of the sauce reduction. Top with pieces of crackling and fresh coriander. Serve with a bowl of crispy gnocchi and aioli for dipping, or any side of your choice.





THIS YEAR MARKS AN ASTOUNDING 330-YEAR HISTORY AT BOSCHENDAL ESTATE. WITH A NEW AND FORMAL CULINARY OFFERING, THE WERF RESTAURANT IS ALL ABOUT OPEN, SHARING SPACES. DICTATED BY THE NEW PRIZED VEGGIE GARDEN, EXECUTIVE CHEF CHRISTIAAN CAMPBELL'S SOIL-TO-PLATE MENU BOASTS WHOLESOME DISHES WITH WOW-FACTOR FLAVOUR THAT CELEBRATES THE ESTATE'S RICH PAST

By RICHARD HOLMES
Recipes and styling by
CHRISTIAAN CAMPBELL
Photographs by BRUCE TUCK

Boschendal

REINVENTED



Chef Christiaan Campbell

A simple laminated sign in the kitchen of Boschendal's The Werf Restaurant says it all: "Innovative country cuisine, driven by the rhythms of the seasons."

Positioned above the stairwell that leads from the airy, light-filled kitchens to the expansive vegetable gardens below, the sign is a constant reminder to the chefs of the ethos that runs through chef Christiaan Campbell's striking new fine-dining restaurant on the historic Boschendal Estate.

Boschendal is one of the oldest great estates in the Cape, tracing its history to 1685 when the French Huguenot, Jean le Long, first settled here in the shadow of the Simonsberg and Jonkershoek mountains. Over the centuries, the estate has grown into one of the region's largest mixed farms, producing everything from apples and pomegranates to prime Angus beef. And, yet, while the farm continued to flourish, over the past few years, the hospitality on Boschendal has been stuck in the doldrums.

Until, that is, a major revamp took place across the property in 2014 as new owners poured investment into the estate. Stylish, self-catering cottages were expanded and revamped, while the original buildings surrounding the historic manor house now form the hub of the rejuvenated estate. An intimate wine-tasting area spills out onto a sun-dappled terrace, and an avenue



of stately oak trees leads down towards The Farm Shop & Deli, where farm produce and country-casual breakfasts and lunches are available. With ever-patient chickens roaming the spacious lawns, and a walled play area off to one side, it's the perfect destination for families.

Christiaan's The Werf Restaurant, however, is the more formal offering on the estate. It's not quite collar and tie, but there's a sense of occasion here. Set in what was the farm's original wine cellar, the interiors are a gentle blend of Cape Dutch heritage and modern country elegance. The inspired decor was dreamt up by Barcelona-based designer, Lázaro Rosa-Violán, who spent weeks in the region soaking up the tradition and style of the Cape winelands. The eye-catching portraits, wrought-iron light fittings and Delft-style crockery are all memorable elements of the restaurant; but, it's what lies beyond that will catch your eye.

Tapping into Boschendal's rich farming heritage, a three-hectare vegetable garden takes pride of place beneath The Werf's spacious terrace. Fruit trees are trellised around the small reservoir, while traditional leiwater gushes through the garden. Aromatic

herbs fill one corner, while broad beans push their fleshy stems skywards. Pea plants shoot long tendrils up and over wooden archways, as a checkerboard of romaine-, butter- and red-leaf lettuce forms an attractive organic mosaic.

"It's beautifully laid out and sculptured but, at ground level, it is, most importantly, a high-yielding veggie garden," says Christiaan. "The garden has become my new boss; it dictates to me what's going to be on the menu!"

The bountiful garden entrenches the estate's deep

roots as a farm – a producer of food – and not merely another chic winelands destination. That respect for honest, uncomplicated produce carries through to the menu, which is all about "giving a sense of place, from the soil to the plate," explains Christiaan.

This isn't mere lip service either. The cured Angus beef comes from Boschendal's own herds on the property, and a farm-based butchery opened on Boschendal in September. Num-num and Eugenia berries are picked wild on the estate, and mushrooms are prolific on the farm come autumn. As we chat on the terrace, handmade sausages and bacon are being smoked in the offset-smoker, puffing happily in the courtyard.

"We want to offer wholesome dishes, not ego-driven chef food," says Christiaan, who carefully sources his free-range pork and ducks from selected farms in the region. "It's also about great flavours and ingredients and, with our main courses, we really try and push the idea of sharing."

A perfect example is the memorable beef short rib: slowly braised, then surrounded by roasted root vegetables and baked in a focaccia crust, it's the



Salmon radishes with cauliflower mayo and a Huguenot cheese crumble

Serves 6 (as a canapé) **EASY** 1 hr 30 mins

THE FLAVOUR COMBINATIONS

SALMON RADISHES

12 slices of cold smoked salmon
12 baby radishes, washed, trimmed and leaves left intact

CAULIFLOWER MAYONNAISE

20g butter
50g cauliflower, chopped
100ml milk
4 garlic cloves, peeled and sliced
150ml olive oil
50g Huguenot cheese, crumbled (available at Woolworths)
salt and freshly ground black pepper, to taste

HUGUENOT CHEESE CRUMBLE

100g butter, ice-cold
100g cake flour
100g Huguenot cheese, grated

HOW TO DO IT

1 For the salmon radishes, wrap the slices of salmon around the whole radish roots. Cover and refrigerate until ready to serve.

2 For the mayonnaise, heat the 20g butter in a saucepan over medium heat. Add the cauliflower and sauté until golden brown. Add 70ml of the milk and garlic

ideal dish for a leisurely lunch with family and friends gathered around the table. As is the whole trout from the nearby Du Toitskloof Mountains. Wrapped in Swiss chard from the garden and baked in a salt crust with lemon zest and herbs, it's broken open and served at the table.

That sense of occasion begins the moment you step through the glass doors of the restaurant. On a long, marble counter, chefs prep and plate cold starters while, on the shelves behind, jars of jam and honey jostle above salamis hanging from copper rails. To one side, enormous jars of home-made mustards and black garlic ferment quietly between piles of gorgeous bespoke crockery by Mervyn Gers.

"When you step inside, we want you to feel that the kitchen has come out into the restaurant," explains Christiaan. "It's really to include people in the cooking process, so you're part of the hustle and bustle of a working kitchen."

That experience is book-ended by

the dessert station at the far end of the restaurant, allowing diners to watch the pastry chefs at work towards the end of the meal.

"All the desserts are plated there, so guests are free to come and chat to the chef. It's very much an open, sharing space," says Christiaan.

It's a lack of pretence and formality that runs throughout the rejuvenated Boschendal Estate. From the glorious gardens to the amiable bistro, guests are encouraged to make themselves at home; to come for the day and soak up all the estate has to offer. As you settle into your seat at The Werf, the green mosaic of the gardens stretched out below, you can rest assured that the chefs hard at work in Christiaan's kitchen will have one eye on the stove... and one eye on that all-important sign above the stairs.

The Werf Restaurant,
Boschendal Estate, Pniel
Road, Groot Drakenstein,
Franschhoek; 021-870-4206;
boschendal.com



and allow to simmer gently until the cauliflower is tender, 15 minutes. Remove from heat and pour the mixture into a liquidiser with the remaining milk and blitz until smooth. With the motor running on high, slowly drizzle in the olive oil until emulsified. Add the 50g cheese and season. Pour the mixture into a squeeze bottle and refrigerate until ready to use.

3 For the cheese crumble, grate the 100g butter on a coarse grater into the flour. Add the 100g grated cheese. Rub the cheese and butter into the flour using your fingertips until a crumble forms. Press the mixture together to form a light ball. Wrap in cling film and place in the freezer, 30 minutes. Preheat the oven to 175°C.

4 Remove the dough from the freezer and grate onto a baking sheet lined with baking paper. Spread across the sheet and bake in the oven, 30

minutes. Remove from oven and allow to cool before breaking up into a rough crumble. Store in an airtight container.

5 To assemble, pipe 12 large dollops of mayonnaise onto a serving platter. Position the salmon-wrapped radishes on top of the mayonnaise dollops, sprinkle with some cheese crumble and serve immediately. The idea is for guests to eat the salmon-radish bites, then run the leaves through the mayo and crumble.

Poached crayfish with frozen bisque, mange tout juice and cream cheese

Serves 4 **A LITTLE EFFORT**
1 hr 30 mins + 4 hrs, to freeze

THE FLAVOUR COMBINATIONS
4 marron/fresh-water crayfish



STOCK

20g butter
½ onion, peeled and thinly sliced
1 small celery stick, sliced
1 small carrot, thinly sliced
1 small leek, sliced
1 small fennel bulb, finely sliced
1 dried bay leaf
3 sprigs fresh thyme
5 black peppercorns
5ml (1 tsp) fennel seeds
zest and juice of 1 lemon
800ml chicken stock
60ml (¼ cup) olive oil

FROZEN BISQUE

1 (2g) gelatine leaf
200ml reserved stock
salt, to taste

MANGE TOUT JUICE

140g mange tout
pinch salt
dusting white pepper, to taste

150g good quality goat's cream-cheese or 150g kefir cream cheese (go to foodandhome.co.za for the recipe), to serve
pea flowers and shoots, to garnish

HOW TO DO IT

1 Bring a large pot of water to a boil. Plunge the crayfish into the water, 2 minutes. Remove and place in a ice-water bath. Pull the tails and claws off the main bodies. Using poultry scissors, cut along the under bellies of the shells. Remove the whole tail meat and the gut. Reserve the shells



330 CANDLES

Boschendal is marking the 330th anniversary of the estate's founding with a remarkable new wine: Boschendal 330 is a limited-edition red blend of cabernet sauvignon, petit verdot and malbec. The wine is bottled in a classical Claret-style bottle, each one individually numbered, and presented in a box crafted from the very barrels in which the wine was matured.



and trimmings for the stock. Refrigerate the tail meat until ready to use.

2 For the stock, heat the butter in a saucepan over medium heat, add the vegetables and sweat until translucent, 5 minutes. Add the crushed crayfish shells and trimmings, along with the herbs and spices and sweat further until all of the flavours are well developed, about 5 minutes. Add the lemon juice and cook until the mixture is sticky. Add the chicken stock and allow to simmer, 1 hour.

3 Pass the stock through a very fine sieve, pressing out all of the juice. Reserve half of the stock for the frozen bisque. Add the remaining stock to a clean saucepan and reduce over high heat until concentrated with a slightly sticky consistency, about 20 minutes. Whisk in the olive oil and lemon zest, place in a sterilised jar with a lid and refrigerate until ready to use. This is your bisque dressing.

4 For the frozen bisque, soften the gelatine leaf in cold water, 5 minutes.

5 Heat the reserved stock in a saucepan until hot. Squeeze out the excess water from the gelatine leaf and add to the stock. Stir until dissolved, then season with salt to taste, if needed. Pour the liquid into a shallow tray and allow to cool. Cover and place in the freezer until frozen, 4 hours. Once frozen, scrape with a fork to

create a coarse granita. Return to the freezer for later use.

6 Prepare the mange tout juice just before serving. Run the mange tout through a juicer. Add a pinch of salt and a light dusting of white pepper to taste.

7 To assemble the dish, slice the crayfish tails into large medallions. Dress the tails with some bisque dressing and season with a pinch of salt and a crack of white pepper. Arrange the tails equally among 4 shallow bowls. Share out approximately 35g per person of cream cheese, broken into attractive chunks. Place teaspoon scoops of frozen bisque over the medallions then drizzle with the mange tout juice. Top with a drizzle of the last bit of bisque dressing and serve immediately garnished with pea flowers and shoots.

Slow-braised Angus beef and garden root vegetables baked in a bread crust

Our restaurant is about sharing, and this dish illustrates that

Serves 4 **EASY** 2 hrs + 1 hr 35 mins, to prove + 8 hrs, to slow-braise

THE FLAVOUR COMBINATIONS

1kg deboned short rib
salt and freshly ground black pepper, to taste
250ml (1 cup) fresh beef broth
1 dried bay leaf
30ml (2 tbsp) honey
sprig fresh rosemary
sprig fresh thyme

ROASTED ROOT VEGETABLES

100g mixed baby carrots, washed
100g baby onions, peeled and halved
100g baby beets, washed and scrubbed
few sprigs fresh thyme
60ml (¼ cup) olive oil

BREAD CRUST

500g stoneground bread flour
450ml water
10ml (2 tsp) instant yeast
10ml (2 tsp) non-iodised salt

baby leaves, to garnish
olive oil, to serve
salt flakes, to serve



HOW TO DO IT

- 1 Preheat the oven to 100°C. Season the short rib on both sides and sear in a hot pan to give it a touch of colour. Place the short rib in a casserole dish and pour in the broth. Add the bay leaf, honey, rosemary and thyme and cover with a tight-fitting lid. Place in the oven and slow-braise until very tender, 8 hours.
- 2 Remove from oven and allow to cool in the dish until workable to the touch. Wrap the meat (reserve the cooking juices) in cling film to form a ball shape. Allow to cool and set.
- 3 Place the cooking juices in a saucepan over high heat and cook to a sticky-glaze consistency, about 20 minutes. Refrigerate until ready to use.
- 4 For the root vegetables, preheat the oven to 200°C. Cut out three large squares of foil. Place each vegetable type on its own piece of foil. Season with salt and pepper and share out the thyme and olive oil evenly among the vegetable squares. Fold the foil to form a closed, tight pocket and bake in the oven, 30 minutes. Remove from oven. Rub the skins off the beets and refrigerate all of the vegetables until ready to use.
- 5 For the bread crust, place all of the ingredients in the bowl of a free-standing mixer with the dough-hook attachment and mix until combined. Leave to rest for 15 minutes then beat slowly for about 15 minutes until the dough just comes away from the sides of the mixing bowl. Set aside to prove, 1 hour.

- 6 Grease a 30cm springform cake tin. Carefully place the dough in the tin. Unwrap the beef and place in the centre of the dough (the dough will flatten slightly under its weight) and arrange the roasted vegetables around the meat, pushing them into the dough slightly. Heat up the glaze and pour over the meat. Set aside to prove, about 35 minutes. Preheat the oven to 200°C.
- 7 Bake in the oven until the bread is golden, 30 minutes. Serve garnished with baby leaves and dressed with a touch of olive oil and flaked salt.

Roasted aubergine hearts with green sauce and vegan 'Parmesan'

Serves 4 **EASY** 1 hr

THE FLAVOUR COMBINATIONS GREEN SAUCE

- 25g English spinach leaves
- 25g fennel fronds
- 25g fresh/frozen peas
- 25g oregano
- 125ml (½ cup) vegetable stock
- 50ml olive oil
- 5ml (1 tsp) salt

ROASTED AUBERGINES

4 medium aubergines

VEGAN 'PARMESAN'

- 100g blanched almonds
- 100g cashew nuts
- 60ml (¼ cup) nutritional yeast flakes
- 5ml (1 tsp) flaked sea salt

microherbs, to garnish

HOW TO DO IT

- 1 Preheat the oven to 200°C.
- 2 For the green sauce, blanch the spinach leaves, fennel, peas and oregano in boiling water, 20 seconds. Refresh in ice water. Drain and squeeze out the excess water.





3 Place the vegetable stock in a saucepan and bring to a boil. Place the blanched leaves in a blender and blitz, slowly adding the stock, until smooth. Add the 50ml olive oil and 5ml (1 tsp) salt. Pour the mixture into a bowl over ice water to chill rapidly. Store in an airtight container in the fridge.

4 For the roasted aubergines, place the whole aubergines on a rack in the oven and bake until very tender, about 45 minutes.

5 While the aubergines are cooking, make the vegan 'Parmesan'. Place all of the ingredients in a food processor and grind to a coarse powder. Store in an airtight jar in the fridge.

6 Once the aubergines are ready, remove from oven and, using a sharp knife, cut a longitudinal slit in each. Using a large serving spoon, slide the spoon in to scoop out the tender inside as a whole. These should be served immediately.

7 To assemble, add some green sauce to 4 serving bowls. Place an aubergine heart in each bowl and liberally spoon over the vegan 'Parmesan'. Garnish with microherbs to serve.

Cinnamon crème brûlée with roasted nectarines and chocolate cream

Serves 8 **A LITTLE EFFORT** 2 hrs + overnight, to set and dry out

THE FLAVOUR COMBINATIONS CRÈME BRÛLÉE

500ml (2 cups) fresh cream
seeds of 1 vanilla pod
5ml (1 tsp) cinnamon
9 egg yolks
100g castor sugar + extra,
to caramelize

ROASTED-CHOCOLATE CREAM
500g white chocolate, chopped
250ml (1 cup) fresh cream

NECTARINE CHIPS
2 nectarines, halved and pitted

ROASTED NECTARINES
seeds of 2 vanilla pods
200g sugar
1kg nectarines, halved and pitted

edible flowers, to garnish

HOW TO DO IT

1 Preheat the oven to 130°C. For the crème brûlée, place the 500ml (2 cups) cream, seeds of 1 vanilla pod and cinnamon in a saucepan over low heat. Bring to a boil then remove from heat and set aside to cool and infuse, 5 minutes.

2 Mix the egg yolks and 100g sugar together, beating well until the mixture is pale and the sugar no longer feels granular to the touch. Add the cream to the egg mixture and beat to combine.

3 Grease eight 6,5cm round moulds and line the bases. Pour the mixture into the greased moulds and place in a baking dish. Add water until it reaches halfway up the sides of the moulds and place in the oven to cook, 30 minutes. Allow to cool before removing the moulds from the water. Refrigerate to set, at least 6 hours or overnight.

4 For the chocolate cream, preheat the oven to 130°C. Place the white chocolate in a baking tray and roast in the oven until caramelised, 20 minutes.

5 While the chocolate is roasting, heat up 100ml of the cream in a saucepan over low heat. While the chocolate is still hot from the oven, add 300g to the

warm cream and blend in a blender to form a smooth ganache. Refrigerate to set overnight. Reserve the rest of the roasted chocolate as crumbs for plating.

6 For the nectarine chips, preheat the oven to 60°C. Make sure the 2 nectarines are firm to the touch. Slice the halved nectarines wafer-thin, place on a baking tray lined with baking paper and dry out in the oven overnight.

7 On the day of serving, prepare the roasted nectarines. Preheat the oven to 130°C. Place the seeds of 2 vanilla pods and 200g sugar in a bowl. Toss the 1kg nectarines through the sugar mixture and roast in the oven until soft to the touch, at least 20 minutes.

8 To finish the roasted-chocolate cream, whisk the remaining 150ml cream to soft peaks and gently fold it through the ganache.

9 To assemble, carefully unmould the brûlées onto plates or boards. Top with a little sugar and caramelize with a blowtorch. Crumble the roasted chocolate around the plates. Arrange the roasted nectarines on the plates and add quenelles of the roasted chocolate cream. Add the nectarine chips and garnish with edible flowers.



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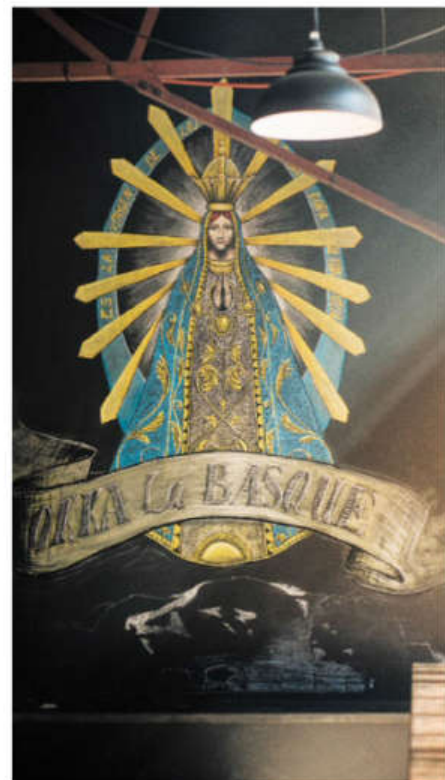
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A *trans-Atlantic* TRADITION



Oscar Faraldo





TUCKED INTO A LARGE, BUT UNASSUMING WAREHOUSE ON THE MABONENG PRECINCT'S BUSTLING FOX STREET, A SHRINE TO THE BEAUTY OF GRILLED MEAT IS CAUSING SOMETHING OF A BUZZ AMONG JOHANNESBURG'S DIE-HARD CARNIVORES. THE BRAINCHILD OF OSCAR FARALDO AND BERNARDO CORTI, CHE ARGENTINE GRILL DELIVERS AN AUTHENTIC AND UPDATED PIECE OF ARGENTINA RIGHT TO THE HEART OF JOZI

By NICHOLAS KOURSARIS
Recipes and styling by
ANDRÉS BRUNERO and
OSCAR FARALDO
Photographs by DYLAN SWART

Like all good stories, this one begins with a leap of faith and a long journey to a faraway land, from the streets of South America to the Pantsula buzz of the Johannesburg CBD. It was here, among the vintage-clothing rails and artisan-food trucks of Neighbourgoods and Market on Main, that Che Argentine Grill had its humble beginnings – serving authentic South American street food to the hungry crowds. Although Oscar had been in South Africa for many years, it was only when he and Bernardo met that the delicious possibilities began to emerge...

"I was working at the Argentinian consulate," Oscar recalls. "One day, Bernardo came in and we struck up a conversation and we quickly became friends. Bernardo had the idea, one day, to begin selling empanadas at the market and invited me to join him. As the market stall became more popular, we introduced the asado grill and began serving matambre (thinly sliced beef flank marinated in lemon

From left: Bernardo Corti, Oscar Faraldo and Andrés Brunero





ASADO BRAVADO

and chimichurri sauce). Soon, the grill became more popular and the menu extended even further!”

Notwithstanding the considerable distance between the two shores, Argentina and South Africa are not as different as one might expect – at least in their eating habits. Much like our own melting-pot food scene, Argentina’s cuisine is heavily influenced by its large population of immigrants. Italian, Spanish and German nationals added to the cultural mix, bringing with them knowledge of winemaking and a love of cheeses and sausages (we are told that no asado is complete without Spanish chorizo and Italian provolone), while Argentina’s burgeoning livestock and agricultural industries gave birth to the country’s well-documented passion for grilling beef.

Operating a wood-fired oven takes constant attention – adding fuel, controlling temperature and grilling every cut to perfection. Luckily, Che Argentine has a secret weapon in the form of Andrés Brunero, who heads up the kitchen. Over and above plating elegant dishes and producing mouth-watering starters and sides, it is Andrés who creates the restaurant’s signature (and frankly, narcotic) desserts. Andrés’ traditional dulce de leche flan is a must-try – smooth, creamy and exceptionally rich with deep caramel flavour that perfectly rounds off a satisfying meat-based meal.

Andrés and Oscar’s approach to food preparation has less to do with flashy gimmicks and fashionable licks of sauce across oversized plates, and more to do with honesty and execution – he pursues freshness and quality of produce, excellence of technique and a modernised authenticity in every dish he creates.

Their famous rolled pork neck is a prime example. What is generally considered to be a cheaper (and more difficult-to-prepare) cut of meat, takes on a starring role when responsibly sourced and authentically handled. The outside is crisp, with just a hint of the smoky charring that is loved equally in both Argentina and South Africa; while the inside is flavourful, juicy and tender enough to eat with a fork. A sweet, plump prune in the centre adds a shot of intense fruitiness to your last few mouthfuls.

The road from a market stall to a permanently established restaurant is no easy feat, but Oscar and Fernando quickly assembled a food-crazy team of their countrymen, all of whom took on the challenge with their trademark brand of Latin gusto.

“It’s a family affair – we’re like an Argentinian Mafia,” laughs Andrés, who heads up the kitchen while Oscar works his magic on the grill.

Bernardo manages the front-of-house, welcoming every guest like a long-lost cousin. They all agree that the key to a good meal is taking time over it, connecting with family and friends, and appreciating simply prepared, authentic dishes. They take pride in preparing every meat dish from scratch, and guests are more than content to wait that little bit longer for their fine cuts. Preparing food simply and well makes freshness and quality vital – so, of course, sourcing outstanding ingredients was the team’s top priority. Oscar explains the sourcing process: “We believe in the best grass-fed beef – it’s very difficult to find. We found the most honest beef suppliers in the Midlands. Right now we’re looking into dry-aged beef – we managed to find a local Gauteng farmer who supplies grass-fed and dry-aged beef. It’s a small farm that only does limited quantities, and he butchers and hangs the beef himself.”

The restaurant space is large and utilitarian and, although the building and its location speak volumes about Johannesburg’s industrial past, stepping inside quickly transports you to another place and time. Like the menu itself, the industrial-chic location straddles the point where South Africa and South America overlap.

“This space used to be a workshop that we tried to keep as rustic as can be. We left the floors and walls as is. We didn’t do much renovation apart from the kitchen and the grill,” explains Bernardo.

The most imposing item in the restaurant is the grill and gigantic wood-burning oven, given pride of place (and custom-designed by Oscar himself), right in the heart of the restaurant. It is here that the difference between a decent meat dish and a great one is made apparent: every steak, sausage and roasted meat



5 HIGH
contains 1 of your 5





dish prepared to perfection in the quintessentially Argentinian asado tradition. But what exactly is asado? Oscar elaborates: "Asado is the name for a cut of meat, the short rib, which is the most traditional cut eaten

in Argentina. Historically, the prime, boneless cuts of beef were exported out of Argentina, leaving the cheaper cuts like the short rib to be eaten locally. Over the years, the word asado has come to mean 'grill', and is used like South Africans use the word 'braai'."

But, Andrés interjects: "For me, it's the other way around! Asado means the activity of grilling; and the most widely available cut of beef, because it is cooked on the bone, was perfect for grilling. So, it took its name from the grill."

One thing that everyone at Che Argentine can agree on, however, is what constitutes a great asado that's worth whiling away an afternoon over: "It has to have empanadas, for sure," Andrés adds. "Of course, a nice beef asado with a fresh mixed salad, chorizo sausage and provoleta (provolone cheese).



To finish, a traditional flan made with dulce de leche."

Che Argentine Grill, 303 Fox Street, Maboneng Precinct, Johannesburg; 011-614-0264

Prime rib on the grill with chimichurri and vegetables

Serves 4 **A LITTLE EFFORT** 1 hr

THE FLAVOUR COMBINATIONS ROASTED VEGETABLES

200g baby carrots, halved
100g celery, halved
200g black mushrooms, halved
200g baby marrows, halved
200g brinjals, halved
100g red onions, peeled and halved
100g fennel, halved
2 garlic cloves, peeled and chopped
75ml olive oil

PRIME RIB

2kg (500g per person) prime rib, at room temperature
salt and freshly ground black pepper, to taste

CHIMICHURRI

2 handfuls fresh parsley, chopped
30ml (2 tbsp) garlic, peeled and crushed
15ml (1 tbsp) coarse paprika
7,5ml (1½ tsp) dried oregano
200ml salted warm water
200ml olive oil
100ml red wine vinegar

olive oil, to serve
handful fresh rosemary, to garnish
paprika flakes, to serve

HOW TO DO IT

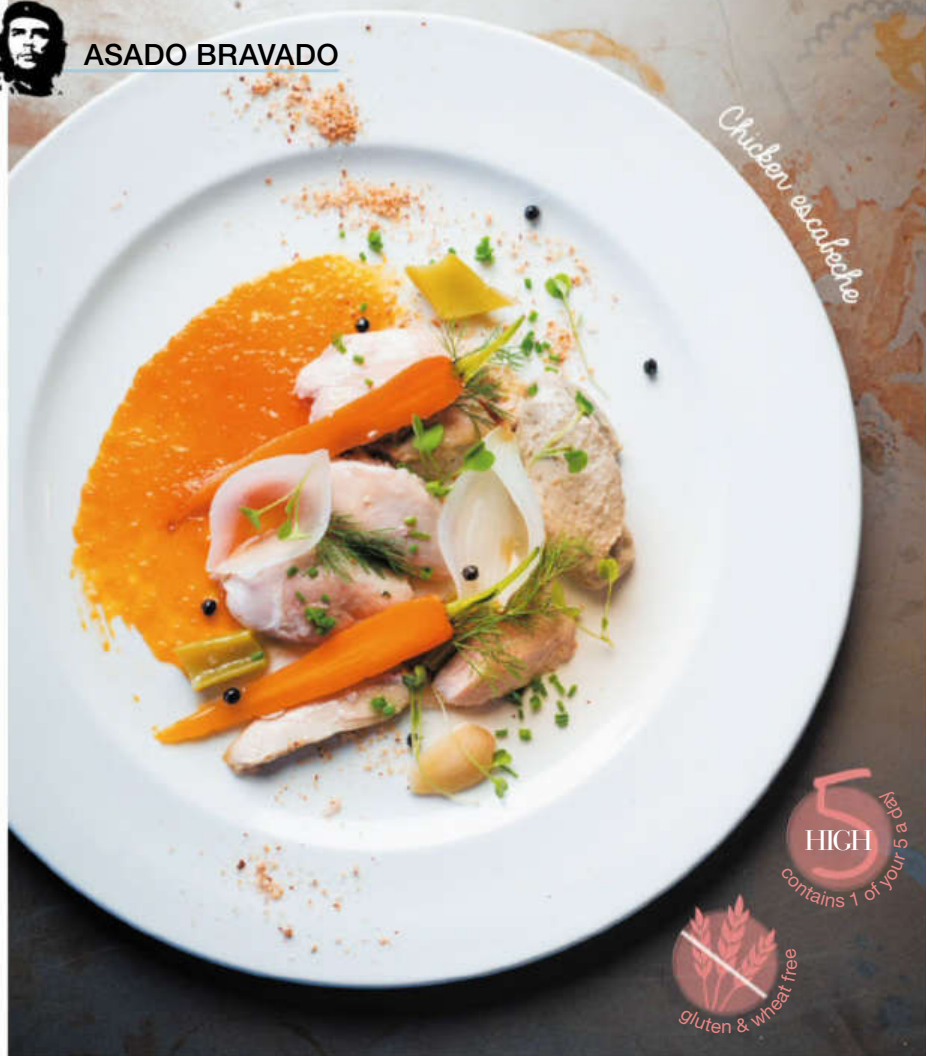
- 1 Preheat the oven to 220°C.
- 2 Wash and rinse the vegetables and place in an oven tray. Toss in the garlic, drizzle with olive oil and cook until golden, 30 – 45 minutes.
- 3 For the prime rib, season the meat with salt and pepper and braai over a Sekelbos coal braai. Alternatively, use briquettes. We suggest that all beef be cooked medium rare as, when cooked well done, the muscles contract and the meat loses all the blood, making the beef





ASADO BRAVADO

Chicken escabeche



5
HIGH
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stiff and lacking in flavour. To achieve a medium-rare result on a thick cut such as prime rib, you need a high heat to seal the juice. Check the heat of your grill by placing your hand above it – you should not be able to hold your hand there for longer than 8 seconds maximum. Grill the meat for 8 minutes on one side, then turn and cook for another 7 minutes. For a medium finish, cook for 2 minutes longer on each side. For well done, cook for about 5 minutes longer. Allow the meat to rest, at least 5 minutes, before serving.

5 To make the chimichurri, blitz all of the ingredients together in a blender.

6 Serve the prime ribs drizzled with a little olive oil, sprinkled with paprika flakes and garnished with rosemary. Add a side of chimichurri sauce and golden-roasted vegetables.

Beef empanadas

Serves 8 **A LITTLE EFFORT** 45 mins + 30 mins, to rest

THE FLAVOUR COMBINATIONS PASTRY

125g fine lard
445g cake flour
1 egg, lightly beaten
90ml lightly salted water

BEEF FILLING

60g fine lard + extra, to fry
2 large onions, peeled and chopped
500g lean beef, cut into small cubes
2 spring onions, finely chopped
15ml (1 tbsp) paprika
125ml (½ cup) boiling broth/water
salt and freshly ground black pepper, to taste
fresh oregano, to taste
30ml (2 tbsp) green olives, chopped
3 eggs, hard-boiled and chopped

mixed leaves, to serve
tomato relish/chimichurri/sauce of your choice, to serve

HOW TO DO IT

1 For the pastry, work together the 125g lard and 445g flour. Stir in the

beaten egg and mix into a dough. Add the water, 15ml (1 tbsp) at a time, to form a soft dough (the amount of water needed will vary). Knead until smooth and elastic and set aside to rest, 30 minutes.

2 For the filling, heat the 60g lard until very hot in a heavy iron pot or deep skillet. Add the 2 chopped onions and cook over low heat until golden, about 10 minutes. Add the cubed beef and stir until it changes colour, about 5 minutes. Lastly, add the 2 chopped spring onions, paprika and broth or water and simmer until a thick mixture is obtained. Mix together well. Season to taste with salt, pepper and oregano. Remove from heat and allow to cool. Add the green olives and boiled eggs.

3 Prepare the dough by rolling it out to 0,3cm thickness. Cut out 10cm rounds using a cookie cutter. Place a well-rounded and abundant tablespoonful of



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Grilled pork neck stuffed with blue cheese and dried prunes

filling in the centre of each round. Wet the borders with water, fold over into a half-moon shape and seal with your fingers. Make an edging in any pattern you desire.

4 Heat some lard in a frying pan over high heat and fry the empanadas until lightly browned, about 1 minute on each side.

5 Garnish the empanadas with mixed leaves and serve with a side of sauce.

Chicken escabeche

Serves 8 **EASY** 1 hr

THE FLAVOUR COMBINATIONS

1 (about 2,5kg) chicken, cut into 16 pieces
 1 x 400g punnet baby carrots, chopped
 ½ celery stick, chopped
 3 white onions, peeled and chopped
 4 garlic cloves, peeled and chopped
 5 fresh bay leaves
 15ml (1 tbsp) black peppercorns
 200ml sunflower oil
 200ml white wine vinegar
 200ml dry white wine

PEACH PURÉE

120g dried peaches
 500ml (2 cups) warm water
 50ml golden syrup

microherbs, to garnish
 black peppercorns, to garnish
 salt with chilli flakes, to garnish

HOW TO DO IT

1 Place the chicken pieces along with the remaining ingredients in a deep pot and

cook, covered, over low heat until the chicken is tender, about 45 minutes

2 For the peach purée, hydrate the peaches in the water in a saucepan over medium heat, 15 minutes. Strain the peaches through a sieve, pressing the solids through with the back of a spoon. Add the syrup and blend in a food processor to a fine purée.

3 Serve the chicken cold accompanied by the peach purée and garnished with microherbs, black peppercorns and chilli salt.

Grilled pork neck stuffed with blue cheese and dried prunes

Serves 8 **EASY** 1 hr 45 mins + overnight, to hydrate

THE FLAVOUR COMBINATIONS

150g dried prunes
 100ml brandy
 1 x 2kg piece pork neck
 salt and freshly ground black pepper, to taste
 handful fresh sage, chopped
 150g sweet yellow peppers
 150g blue cheese
 150g streaky bacon

ROASTED GOLDEN APPLES

8 golden apples, cored
 handful fresh rosemary, chopped
 5ml (1 tsp) cognac
 20g butter, melted, to brush
 5ml (1 tsp) sugar, to sprinkle

JUS

340ml stout
 100ml honey



50ml soya sauce
 30ml (2 tbsp) brown sugar
 2 fresh sage leaves

sweet potato mash, to serve (optional)
 microherbs, to garnish
 fresh thyme, to garnish

HOW TO DO IT

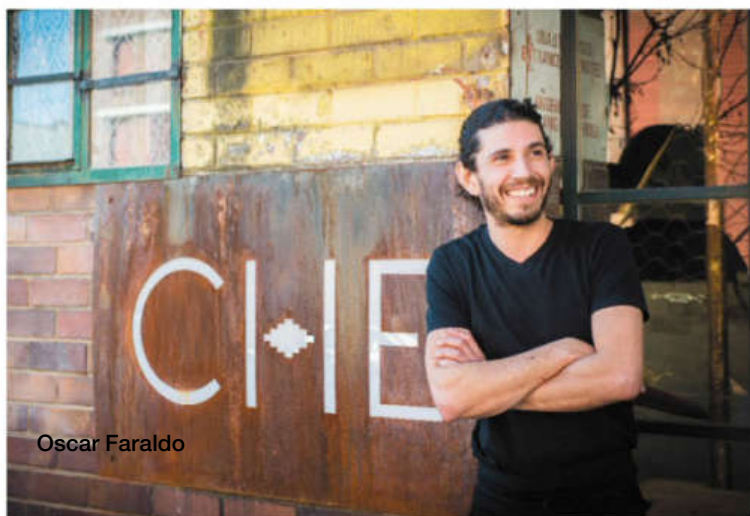
1 Hydrate the dried prunes in the brandy overnight. Drain and remove the seeds from the prunes and blend to a purée.

2 Cut the pork neck like a book – butterfly it by cutting in half and seasoning to taste with salt and pepper. Place the handful of sage, prune purée, sweet peppers and blue cheese inside the ‘book’ of pork. Cover these with a layer of streaky bacon to avoid spillage, then roll tightly and secure with cotton string. Place on a braai of Sekelbos coal or briquettes – it needs to be sealed and cooked on all sides over low heat, about 1 hour and 30 minutes. Preheat the oven to 180°C.

3 For the roasted apples, cut the cored apples in half horizontally. Fill the holes of the bottom halves of the apples with the rosemary, cognac and a little of the butter, then cover with the upper halves. Sprinkle the apples with the sugar and roast in the oven until cooked, about 30 minutes. Brush with melted butter again once cooked.

4 For the jus, bring the stout to a boil in a pot. Add the honey, soya sauce, sugar and 2 sage leaves and simmer until thick.

5 To serve, place a slice of pork neck on each plate. Add a roasted apple and a quenelle of sweet potato mash, if desired. Serve garnished with microherbs, thyme and a drizzle of jus.



Oscar Faraldo



the milk and coconut milk and half of the sugar in a saucepan over medium heat and warming gradually. In

White-chocolate and coconut mousse with dulce de leche sauce

Serves 8 **EASY** 20 mins + cooling time + overnight, to set

THE FLAVOUR COMBINATIONS

250ml (1 cup) full-fat milk
200ml coconut milk
60g sugar
2 eggs
1 egg yolk
30g cornflour
1 (2g) gelatine leaf
250g white chocolate, chopped
450ml full cream, whipped to soft peaks

TO SERVE

dulche de leche sauce (available at select supermarkets; alternatively see Cook's tip)
vanilla ice cream
chocolate carques
cacao crunchies
chocolate-dipped gooseberries
glazed almonds

HOW TO DO IT

1 Make a custard cream by placing

the meantime, whisk together the eggs, egg yolk, cornflour and the remaining sugar. Add to the warm milk and bring to a boil, whisking continuously until the mixture is thick and custard-like. Remove from heat.

2 Soak the gelatine in cold water, 5 minutes. Remove the leaf from the water and squeeze out excess moisture before adding to the custard cream and stirring to combine until dissolved.

3 Add the chopped white chocolate to the warm custard cream and stir until melted. Refrigerate to cool, 20 minutes

4 Add the semi-whipped cream to the white-chocolate custard and mix to combine. Place the mousse in a piping bag and pipe into 8 glasses. Refrigerate for at least 12 hours.

5 Serve topped with some dulce de leche and vanilla ice cream. Garnish each mousse with a chocolate caraque and cacao crunchie and decorate the plate with a glazed almond and chocolate-dipped gooseberry.

COOK'S TIP

If you cannot find dulce de leche sauce, you can buy Nestlé Caramel Treat and warm until a smooth texture is achieved.





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TIME FOR tea

Lemon and poppy seed cake with cream-cheese icing

This sponge cake is so easy to make and has a lovely zesty flavour. The cream-cheese icing and fresh berries are the perfect way to finish it off
Makes 1 double-layer cake (serves 10 – 12) **EASY** 1 hr + cooling time

THE FLAVOUR COMBINATIONS LEMON AND POPPY SEED CAKE

250g butter, softened
250g castor sugar
4 large free-range eggs
5ml (1 tsp) vanilla extract
zest of 2 large lemons
280g self-raising flour
pinch salt
150ml milk
70g poppy seeds

CREAM-CHEESE ICING

100g butter, at room temperature
125g cream cheese
520g icing sugar
10ml (2 tsp) lemon juice

fresh raspberries/seasonal berries
of your choice, to decorate

HOW TO DO IT

- 1 Preheat the oven to 190°C.
- 2 For the cake, use Breville's Class Mixer with the whisk attachment to cream

the 250g butter and castor sugar together, 3 minutes.

Add the eggs, one at a time, ensuring they are fully incorporated before each addition. Add the vanilla extract and lemon zest and continue to whisk until the mixture is light and fluffy.

3 Sift the flour and salt into a separate bowl, then add the seasoned flour and milk to the butter and sugar mixture in 3 parts. Do not over-mix. Add the poppy seeds and stir until just combined.

4 Grease and line two 22cm – 23cm-diameter cake tins with baking paper and divide the cake batter evenly between them. Bake in the oven until a knife inserted into the centre of the cakes comes out clean, 45 minutes. The cakes should be springy to the touch. Remove from oven and allow to cool in the tins.

5 For the icing, place all of the ingredients in the bowl of the Breville Class Mixer and, using the whisk attachment, beat until pale and fluffy. Use a third of the icing for the middle layer of the cake, and the remainder for the top and sides. Decorate with fresh raspberries or other seasonal berries to serve.



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Recipe and styling by SAM LINSSELL Photographs by WARREN HEATH



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NOVEMBER 2015: SUMMER SENSATIONS



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ALTITUDE BAKING

All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:

Lower the oven temperature by 10°C

For every 5ml (1 tsp) baking powder,
increase by 1 – 2ml

For every 220g (1 cup) granulated sugar,
increase by 15 – 30ml

For every 250ml (1 cup) liquid, decrease
by 30 – 45ml

For every 120g (1 cup) flour, decrease
by 15ml (1 tbs)

TRIVIA ANSWERS FROM PAGE 124

1 Onion 2 Durum 3 Five – béchamel, velouté, Espagnole, sauce tomate and Hollandaise 4 Japan 5 Chopping herbs
6 The Basque Country 7 The United States of America 8 France 9 Parmesan 10 Jugged hare 11 La Chouffe 12 Fried tortilla
chips 13 The Cuban sandwich 14 Tuna 15 Brazil

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Trivia

HOW WELL DO YOU
KNOW YOUR FOOD?

Compiled by TARYN DAS NEVES

- 1 Which vegetable is added to a basic béchamel to make a soubise sauce?
- 2 Which type of wheat is used to make couscous?
- 3 In classic French cooking, how many 'mother sauces' are there?
- 4 Sakura cheese is a soft cheese created in which Asian country?
- 5 What would you most likely use a mezzaluna for?
- 6 Idiazábal cheese is made in which Spanish region?
- 7 Which country produces the most almonds in the world?
- 8 Which country produces the anise-flavoured drink, pastis?
- 9 Which cheese, still held in the vaults of Credito Emiliano in Italy, has been used as collateral since the Middle Ages?
- 10 What is the English name of the French dish, civet de lièvre?
- 11 What is the name of the Belgian beer style fermented with wild, rather than cultivated yeasts?
- 12 Often eaten for breakfast in Mexico, what are chilaquiles?
- 13 The mixto sandwich is more commonly known as?
- 14 Toro, found on most sushi menus, is from the belly of which fish?
- 15 Moqueca is a fish stew from which country?



Clue to question 9

FOR ANSWERS, TURN TO PAGE 122.

Photograph by Fotolia

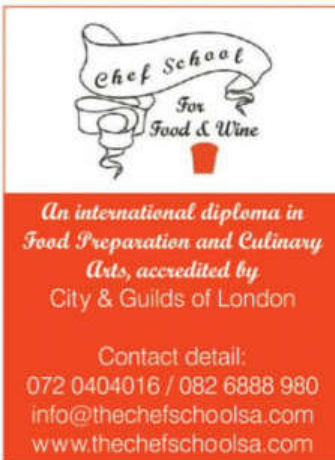


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THIS YEAR, ENERGETIC AND VIVACIOUS REJEANNE VLIETMAN, WHO STEERS BOTH DEN ANKER RESTAURANT AND THE BELGIAN BEER COMPANY, LOOKS BACK ON 21 YEARS OF WORKING HER WAY UP IN THE RESTAURANT WORLD

I fell into the job by luck... or misfortune!

When I returned from travelling around Europe and living in Holland for a year, I started studying textile design. As a student, I needed to earn, so I started waitressing at Den Anker when it opened. After two years, the owner suggested that I stop studying and work full-time. Which I did. In those early days at the V&A Waterfront, there was Panama Jacks, Mitchell's Brewery, Bertie's Landing (now Docks Restaurant) and Quay Four. I am proud of how this business has grown, and that I have had the opportunity to flourish with it and provide a platform for our team to enjoy personal growth.

Our entry into the world of hospitality was when my husband, Doekle, chef at Den Anker, and I were friends at school and decided to do job shadowing experience at the Capetonian Hotel. It has been interesting to work together – the upside is that we are a team. When I am not at the restaurant, he is, and we are always on the same page, working

towards a common goal. We have learnt to leave work behind when we are at home with our sons. With so much exposure to good food and beer, it will be interesting to see if our two young sons end up in this industry. Our older son is not keen, but our younger one fancies himself as a bit of a chef!

There is so much to love about the hospitality industry, and, while it may sound like a cliché, it is really all about people – staff, customers, the friends you make, the family you create. It is also about the love of good food. Some foods never go out of fashion – when we opened, we served mussels and chips at R33 a pot. They are still on our menu, as are the steak tartare and pepper steak.

We have not been drastically affected by trends, and, while we are a Belgian restaurant, we also have South African specialities on the menu for visitors. It is difficult to differentiate how many of our regulars are locals and how many are international visitors, but, most importantly, we need to remember

that local tourists are vital too. We are seeing more and more Capetonians who come to relax over tapas and beers with the best view of Table Mountain. People love to socialise over drinks and good food. We serve beers you cannot get elsewhere. Beer is trending – it is considered cool to drink and it was because of clients wanting access to buying Belgian beers that we opened The Belgian Beer Company two years ago. It was a natural evolution. When we started, I was interested in beer, but it was not my focus; the food and wine list were more top of mind; but, over time, I have learnt a lot about beer and I really love Liefmans.

It is such fun to be turning 21 again, but, this time, older and wiser, now giving gifts to customers and staff instead of receiving them! It will be a year of celebrating our success with everyone around us, making some exciting changes and moving forward with the same energy we had in 1994.

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WORLD FAMOUS SHIPWRECK

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Blueberry Cheesecake with Peanut Butter and Hazelnut Crumb and Lime Falooda Seeds

Serves 4 **A LITTLE EFFORT** 1 hr + 3 hrs or overnight, to set

BLUEBERRY CHEESECAKE BASE

280g cake flour
10ml (2 tsp) baking powder
60g sugar
2,5ml (½ tsp) salt
80g Clover Mooi River Butter, cut into cubes
1 egg
125ml (½ cup) Clover Amasi

BLUEBERRY CHEESECAKE LAYER

250g frozen blueberries
60ml (¼ cup) water
30ml (2 tbsp) sugar
1 x 385g tin Clover Condensed Milk
150g white chocolate, chopped
15ml (1 tbsp) lemon juice
10ml (2 tsp) gelatine, placed in 30ml (2 tbsp) cold water and set aside
250ml (1 cup) Clover Fresh Cream, whipped

LIME FALOODA SEEDS

30ml (2 tbsp) falooda (basil) seeds
juice of 2 limes

PEANUT BUTTER AND HAZELNUT CRUMB

100g sugar
30ml (2 tbsp) water
45g crunchy peanut butter
85g hazelnuts, roughly chopped

2 bananas, halved lengthways and grilled, to serve
blueberries, to serve

- 1 Preheat the oven to 190°C. Grease and line a baking sheet with baking paper and grease a 23cm loaf tin.
- 2 For the blueberry cheesecake base, sift the flour, baking powder, 60g sugar and salt into a large mixing bowl. Using your fingertips, rub in the Clover Mooi River Butter until the mixture resembles breadcrumbs.
- 3 In a measuring jug, whisk together the egg and Clover Amasi and add to the flour mixture. Gently mix until you have a soft dough.
- 4 Place the dough on a lightly floured

surface and roll out to the size of the loaf tin (so that it will fit in here once cooked). Bake the scone on the prepared baking sheet until golden and cooked through; 12 – 15 minutes. Remove from oven and place on a wire rack to cool before trimming down to the size of the loaf tin. Once cooled, place in the bottom of the loaf tin and set aside.

5 For the blueberry cheesecake layer, heat the blueberries, water and 30ml (2 tbsp) sugar in a saucepan over medium heat and simmer until the mixture reaches a jam-like consistency. Remove from heat and use a stick blender to blitz until smooth.

6 In a separate saucepan, heat the Clover Condensed Milk over low heat until slightly thickened, stirring continuously, for 20 minutes. Add the chopped white chocolate and stir with a wooden spoon until combined. Add the lemon juice and stir until smooth. Remove from heat and set aside to cool.

7 Warm the blueberry mixture slightly,

add the gelatine and water mixture and stir until dissolved.

8 Place the white-chocolate mixture in a large bowl and mix with the blueberry mixture. Fold through the whipped Clover Cream then pour over the scone base. Refrigerate to set, at least 3 hours or overnight.

9 For the lime falooda seeds, place the falooda seeds in the lime juice in a small bowl. Cover and set aside to soak, for at least 30 minutes.

10 For the peanut butter and hazelnut crumb, place the 100g sugar and water in a pot over low heat and heat until the sugar has melted. Increase the heat to high and boil the sugar until a light caramel colour is reached. Remove from heat and stir through the peanut butter and hazelnuts. Pour the mixture onto a lined baking tray, cover and set aside.

11 Unmold the cheesecake and plate. Top with the grilled bananas, blueberries and lime falooda seeds. Crumble over the peanut butter and hazelnut brittle and serve.





Demi and Jennifer of Team Babulicious were all smiles



The judges



The judges keeping a close eye on the contestants



The finalists



Father and daughter team cooking up a storm and having a ball!

The Clover *Little Big Cook Off* judges agreed that the second season of the reality-TV cooking show was a lot of fun.

It featured very talented contestants and tasty recipes too. The final episode saw a cook off between teams Tasty Townsends and Babulicious. The winners, father-daughter team, Tasty Townsends, are off on a once-in-a-lifetime trip to Disney World for their whole family. They won a kitchen makeover worth R350 000, so they will cook together

for many more years to come. Little Cook, Romaine, wants to own a five-star restaurant when she grows up, so this is a stepping stone in the right direction.

FAMILY TIME IN THE KITCHEN

Clover's *Little Big Cook Off* is about families bonding while cooking their favourite recipes. Each team had fun in front of the cameras and behind the scenes. The challenges got their creative juices flowing.

The teams got to know each other and made lifelong friendships; even the chefs shared their family cooking moments in their own kitchens with the contestants.

“Little Cook, Romaine, wants to own a five-star restaurant when she grows up.”

THE WINNING RECIPE

Team Tasty Townsends made a delicious Blueberry Cheesecake with Peanut Butter and Hazelnut Crumb and Lime Falooda Seeds out of the ingredients in their mystery basket. The dessert was well executed and a hit with the judges.

Team Tasty Townsends used Clover Mooi River Butter, Clover Amasi, Clover Condensed Milk and Clover Fresh Cream in their winning recipe.

OUR FAVOURITE RECIPES

We saw so many mouth-watering dishes during the second season of this fun-filled reality-TV cooking show that it's really hard for us to pick the ones we loved the most. In the first three rounds, each team made their

favourite family recipe, like Team Tasty Townsends' Lamb Curry with Basmati Rice and Tomato Sambals and Team Totally Spiced's Prawn Parcels. During the Italian Extravaganza, they tested their Mediterranean cooking skills with all sorts of delicious Italian-inspired desserts and pasta.



Romaine and Demi, the Little Cooks



FOOD & HOME

ENTERTAINING



THE TASTY TOWNSENDS' TRIUMPH!

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